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Murthy's
**HEALTH AND
MEDICAL DIRECTORY
of
HYDERABAD**

First Edition

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ODW

NOVEMBER - 2001.

Human Needs Enterprises

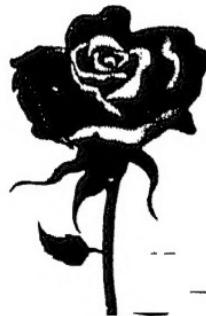
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Murthy's **HEALTH & MEDICAL DIRECTORY**

With best compliments from :

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Phones : (O) 928 - 44739 (R) 7533020

Murthy's **HEALTH & MEDICAL DIRECTORY**

With best compliments from :

Mynampally Hanmanth Rao

Trade Unionist (TNTUC),

**Social Activist &
State TDP Youth Leader**



ALWAL, SECUNDERABAD.

Murthy's Health & Medical Directory

HUMAN NEEDS ENTERPRISES

618, 6th Floor, Chenoy Trade Centre,
Parklane, Secunderabad-500 003

Compiled & Published by

K.S. Murthy

(H No 1-8-75, R.K Nagar, Alwal, Secunderabad-10)

On behalf of **Human Needs Enterprises**

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Murthy's **HEALTH & MEDICAL DIRECTORY**



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*M/s Sapthagiri Agencies
SECUNDERABAD.*

Murthy's HEALTH & MEDICAL DIRECTORY

One Moment...

Information is the order of the day. If it is regarding to health, It becomes more important. Informations related to doctors, Medical & Paramedical members pooled at one place is really beneficial to the public. It is well known that quality is best kind of advertisement, but at the same time even quality needs advertisement. We emphasis to provide quality oriented information to the general public and assured mileage to the advertisers.

We tried our level best to accommodate more and useful information to make it a perfect directory. We still feel that an ocean of information is yet to be covered.

We have to offer a million thanks to so many friends, well wishers, advertises and particularly **Mr. A. Venkateshwar Reddy of M/s. Quest Publishers**, Kurnool who is inspiration for coming up with this directory. Mr. Ganesh and Mr. V. Madhusudan of M/s. Akhil Printers and so many others who have worked and co-operated through out our endeavours.

This directory is an effort to give valuable information to the general public. We will be hopeful that this directory will serve the purpose. Any suggestions in this regard will be highly appreciated.

Hyderabad

November 2001

- *K.S. Murthy*

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Srikanth**

Ambulance Services

■ **A.P. Center for Emergencies**

Exhibition Grounds,
Hyderabad -500 001
Phone 4603160

■ **Adishakti Sri Sai Ambulances**

1-4-27/72/61,
Padmashali Colony,
Kawadiguda,
Secunderabad
Phone 4535368

■ **Aravind Ambulance Services**

Opp Rajeshwar Theatre,
Market Street,
Secunderabad -3
Phone 7715708

■ **Chandra Ambulance Services**

Erramanzil Colony,
Punjagutta,
Hyderabad -500 082
Phone 3328055

■ **Pioneer Ambulance Services**

Nalanda,
Amrutha Estate,
Somajiguda,
Hyderabad - 500 082
Ph 3312145

■ **Soujanya Ambulance**

Besides CDR Hospital,
Shapurnagar,
Industrial Development Area ,
Jeedimetla,
Rangareddy District
Phone 3096327

■ **SRM Ambulance 24 Hour's**

1-9-276,
Ram Nagar Gundu,
Hyderabad - 500 044
Phone 7610019

■ **St. Johns Ambulance**

AP State Centre,
Sultan Bazar,
Hyderabad -1
Phone 4656785

■ **Shusrutha Ambulance Services**

Palika Bazar Complex,
Secunderabad-3
Phone 7704396

■ **Swarga Vahanam**

Near Imliban Central Bus Station,
Afzalgunj, Hyderabad - 500 012
Phone 4654640



*Money can buy you a lot of nice things.
But all the money in the world can not buy contentment.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Swetha Ambulance Service

Gandhi Nagar,
Hyderabad-500 020
Phone 7613249

Ayurvedic Medicines

■ A .A. C. Co. Medical Products

15-2-3-8
S Niketan,
Kishangunj,
Hyderabad-500 012,
Phone 4601585

■ Advya Herbal Products

1-2-27,
Gaganmahal Road,
Hyderabad-500 029
Ph 7645237

■ Andhra Ayurveda Bhandar

22-6-71,
Gulzar House,
Charkaman,
Hyderabad - 500 002,
Phone 4565206

■ Aswini Group

H.P Road,
Moosapet,
Hyderabad-500 018,
Ph 3703607

■ Aswini Homeo & Ayurvedic Products

5-283/1,
Vajra House,
Moosapet,
Hyderabad -500 018
Ph 3703430

■ Ayurveddeeya Arkhashala Ltd.

Satara,
Shop 27,
PPS Complex,
Kachiguda,
Hyderabad Phone 7565391

■ Badar Unani Stores

14, City Towers,
Malakpet,
Hyderabad-500 036
Phone 4554363

■ Baidyanath (Ayurvedic Bhavan)

6-3-788/A/5,
Armeerper,
Hyderabad -500 016,
Phone 3410225

■ Chatwal Pharmaceuticals

3-6-291/5-6,
Hyderguda,
Hyderabad - 29
Phone 3224273



True happiness is found in giving.



Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

Police	100	COOKING AS	
Fire	101	Emergency Cell	
Ambulance	102	Hyderabad	4576261
Child Line Facility	1098	Secunderabad	7801123
A P State Aids Control Society			
Helpline	1097/4608602/4608603	EYE BANKS	
Ask Me (for city tel No's)	4444444	Chiranjeevi Eye Bank	3359066
www.justdial.com		Eye Bank Assn. of India	3545454
		LV Prasad Eye Institute	3608262
		Ramayamma International	3548266
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Air India	3241383 / 3233119 / 3232747	Azamabad/Musheerabad	7664283
Jet Airways	3401222 / 7900118	Balanagar	3771258
		Banjarahills	3356862
		Begumpet/Greenlands	3403967
AMBULANCE		Bollaram	7862116
Apollo Emergency	3548888	Bowpally	7750912
A P Centre for Emergency	4603160	Chenchalguda	4527024
Devi	3816903	Chandul baradan	4460286
Om Sai	3703348	Charminar	4521106
Pioneer	3312145	Faluknama	4440411
St John's Ambulance	4656785	Gachibowli	3010362
		Gandhinagar	3078334
BLOOD BANKS		Gunfoundry/Himayatnagar	3235305
Bhanji Kheraj Blood Bank	4745243	Gymkhana/Secunderabad	780342
Blood Bank Narayanguda	7567892	James Street/Gen Bazar	7844336
Chiranjeevi Blood Bank	3353114	Kachiguda	4657231
Nagarjuna Blood Bank }	7700733	Kawadiguda	7616140
Red Hills	3390956	Maredpally	7804137
Gandhi Hospital	7702222	Mehdipatnam	3514020
Govind Shanti Birajkher	7811253	Musheerabad	7664283
For dooners details log into		Moulai	7120765
www.boodserve.com		Narayanguda	7638389
		Santoshnagar	4530479
BUS SERVICES		Sanatnagar/Erragadda	3704249
Imliban Bus stn./Enquiries &	4618685	Saroornagar	4045522
Reservations	4614406	Taranaka	7001633
Alighting Point	4601919	Tolichowki	3560640
Jubilee Bus stn.	7802203	Yellareddy guda	3742589
Enquiries & Reservations	4040023	HOSPITALS	
Dilsukhnagar Bus stn.	4657651	Govt Hospitals	
Enquiries & Reservation		ESI, Erragadda	
Koti Bus stn. Enquiries			3700531

Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

ENT, Koti	4740245	A P Polution Control	3748003
Gandhi Hospital, Sec-bad	7702222		
Govt Maternity Hospital, Koti	4653647	OXYGEN	
Kingkoti Hospital	4756085	Asiatic Industrial Gase	3085712
Mental Hospital, Erragadda	3813231/3814441	Production Needs Engineers	3095134
Maternity Hospital, Sec-bad	7792580		
MNJ Cancer Hospital	3318422	POST / TELEGRAPH	
NIMS/Panjagutta	3320332/6626922	GPO	4745978
Railway Hospital Sec-bad	7001134	CTO, Hyderabad	4609929
SD Eye Hospital, Mehdipatnam	3317274	CTO, Secunderabad	7841345
State TB Centre, Erragadda	3811797	HPO, Secunderabad	7842614
		Speed Post Buss Centre	4617013
PRIVATE HOSPITALS			
Andhra Mahila Sabha	7617801	24 HRS. PHARMACIES	
Apollo Hospitals, Jublieehills	3607777	Apollo Pharmacy	3231380
Care Hospital	4735464/65/6517777	Health Pharmacy	3210618
Care Hospital, Banjarahills	6668888	Jubilee Hills	3607777
CDR Hospital, HImayatnagar	3221221	Masabtank	3319825
Chandramati Hospital	3814628/3707060	Mehidipatnam	3516107
Fernandez Maternity Hospital	4756997	Newcity Hospital Pharmacy	7805960
Heritage Medical Centre, Ameerpet	3730202	Quli Qutub Sha Medical & Gen Stores	
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Medwin, Nampally	3202902	availability/fairs/onward/return/confirmations,	
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Murthy's HEALTH & MEDICAL DIRECTORY

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Murthy's HEALTH & MEDICAL DIRECTORY

■ Chintalaru (ayurveda Medicines)

2-1-392/1/2/87,
Nallakunta,
Hyderabad-500 044,
Phone 7667393

■ Green Valley

3-4-531/4A,
Behind YMCA,
Narayanguda,
Hyderabad
Phone 7618188

■ Dayanad Medical and General Stores

3-2-25,
Nimboli Adda,
Hyderabad - 500 027,
Phone 4653456

■ Herbal Life

42-A, Vasav Nagar,
Karkhana,
Secunderabad-15,
Phone 7744386

■ Enal Drugs P Ltd.

Shapurnagar,
Industrial Development Area,
Jeedimeta,
Ranga Reddy District,
Phone 3711419

■ Herbal Body Care Ltd.

16-11-207/H/1,
Malakpet,
Hyderabad-500 036,
Phone 3227812

■ Epic Herbal Products

10-2-5/8,
AC Guards,
Hyderabad-500 028,
Phone 3391567

■ Hindustan Herbs House

B-7, Amrutha Arcade,
Opp Venkatramana Theatre,
Hyderabad
Phone 4657103

■ Friends Medical Hall

3-4-43/3,
Kachiguda Station Road,
Hyderabad- 500 027,
Phone 4651472

■ Hyderabad Ayurved Bhandar

3-3-53/1,
Station Road,
Kachiguda,
Hyderabad,
Phone 4652940



*Always put worry in its right place,
out of your life.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Hyderabad Medical Store

10-3-14/D,
Humayunnagar,
Hyderabad-28,
Phone 3533901

■ Impcops Sales Depot

Veersavarkar Road,
Kachiguda,
Hyderabad-27,
Phone 7568375

■ Jain Ayurvedic Pharmacy

15-9-422,
Siddiamber Bazar,
Hyderabad-500 012,
Phone 4610612

■ Kerala Ayurveda Pharmacy Ltd.

1-8/63,
Kamalanagar,
ECIL,
Hyderabad-62,
Phone 7120491

■ Kerala Ayurvedic Sanjeevani

Plot No 74,
Sangeethnagar Colony,
Somajiguda,
Hyderabad
Phone 3318401

■ Kesaramal Ratanlal Sharada & Co

Moti Market,
Kachiguda,
Hyderabad-500 027,
Phone 4651047

■ Kottakal Arya Vidyasala Agency,

Vanijya Complex,
Dharma Reddy Colony,
Hyderabad -500 072
Ph 3050808

■ Master Herbs Pvt. Ltd

404,
UGBS Gardens,
Navodaya Colony,
Mehedipatnam,
Hyderabad-500 028,
Phone 3518647

■ Matrushri Ayurveda Pharmacy

1-1-770/4,
Ghandinagar,
Hyderabad-500 380,
Phone 7611057

■ Natural Health Products Ltd.

164,
Phase-V,
Jeedimetla,
Hyderabad-500 055,
Phone 3095680

*The secret to success is never
to give up.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ P. Kishanlal Dawasaz

21-2-156,
Gulzar House,
Hyderabad -500 002,
Phone 4577705

■ Sagar Valley Herbals Enterprises,

3-5-1085/1,
1st Floor,
Narayanguda,
Hyderabad-500 029,
Phone 3227943

■ Pamul Industries

5-5-41,
Gosha Mahal,
Hyderabad-500 012,
Phone 4602031

■ Sandhu Brothers Pvt. Ltd.

3-3-73/6,
Kutbi Guda,
Kachiguda,
Hyderabad-500 027,
Phone 4652597

■ Rajender Agencies

4-4-13,
Near Dilshad Plaza,
Sultan Bazar,
Hyderabad,
Phone 4751760

■ Satya Agencies

C-477,
NGO's Colony,
Vanasthalipuram,
Hyderabad-500 070,
Phone 4023159

■ Raksha Ayurvedic Center

Opp State Home,
YellaReddyguda,
Amirpet,
Hyderabad - 500 016
Phone 3742146

■ Savita Traders

6-1-630/5,
Khairtabad Market Road,
Hyderabad-500 004,
Phone 3235960

■ Rasheed and Co.

Jigar Road,
Troop Bazar Corner
Hyderabad-500 001,
Phone 4610282

■ Sree Lakshmi Trading Corporation

78, Opp Jeera Club,
Jeera,
Secunderabad-500 003
PPhone 7535376



*If you want to have friends,
be a friend.*



Murthy's HEALTH & MEDICAL DIRECTORY

- Sri Bhagyan Ayurvedic & General Stores
16-11-310/14/5/1/A & B,
Malakpet,
Hyderabad-500 036,
Phone 4548237
 - Sri Swamy Samrat Ayurved Bhandar
3-3-837,
Kutbiguda,
Kachiguda,
Hyderabad-500 027,
Phone 4657386
 - Sunny Neem Extracts Pvt. Ltd.
Plot 3,
Dwarakapuri Colony,
Panjagutta,
Hyderabad-500 082,
Phone 3320718
 - The Herbal Way
105, Aditya Enclave,
Everest Block,
Ameerpet,
Hyderabad- 500 016,
Phone 6505675
 - Venkateshwara Ayurveda Nilayam
17-3-157,
Ghasmandi Road,
Secunderabad - 500 003
Phone 7805954
 - Vijaya Lakshmi Ayurvedic Medicals
3-3-48/1,
Kachiguda,
Hyderabad-27,
Phone 4657594
 - Vyagra Sales International
223,
Chandralok Complex,
Sarojini Devi Road,
Secunderabad-500 003,
Ph 7897413
 - Yaseen Unani Medical Stores
21-2-374,
Lad Bazar,
Hyderabad-500 002,
Phone 4561689
- Beauty Saloons/ Schools & Beauticians**
- AFFU'S Hair weaving & Beauty Clinic
12-13-1253,
Street No 7,
Tarnaka,
Secunderabad.
Phone 7016422



*Kindness and courtesy can make an average person superior.
Indifference and lack of Concern can make
a superior person an average.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Anitha Beauty Parlour

Swetha Complex,
Vidyanagar,
Hyderabad-500 044
Phone 7614415

■ Beuti Clinic Om's

216-2-753/54,
Revenue Board Colony,
Dilsukhnagar,
Hyderabad
Phone 4068434

■ Anoo's Electrolysis & Obesity Clinic

Navketan Complex,
Opp Clock Tower,
Secunderabad-500 003
Phone 7808234

■ Begum's Beauty Care

Chiragali Lane,
Abids,
Hyderabad-500 001
Phone 3203314

■ Anoo's Figurine

12,
UBI Colony,
Road No 3,
Banjara hills,
Hyderabad - 500 034
Phone 3600301

■ Berkowits

301,
Maheshwari Towers,
Road No 1,
Banjara hills,
Hyderabad
Ph 3301503

■ Beau'Tip Herbal Beauty Parlour

202,
Impearial Apartments,
Besides State Bank of India
Greenlands,
Hyderabad - 500 016
Phone 3323308

■ Bombay Beauty Parlour

3-65,
Shobana Complex,
Balanagar,
Hyderabad-500 037,
Phone 3771216



*Friendship is the most priceless gift
that can be given.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Charms Beauty Parlour

109,
YMCA Complex,
Sardar Patel Road,
Secunderabad - 500 003
Phone 7805453

■ Chic Beauty Parlour

25,
Amruthamall,
Somajiguda,
Hyderabad-500 0082
Phone 3312239

■ Chinese Beauty Parlour

Street No-10,
Himayathnagar,
Hyderabad-500 029
Phone 645236

■ Classic Mahendi Parlour

10-3-5,
Fakar Manzil,
Mehdipatnam,
Hyderabad-500 028
Phone 3511942

■ Dahlia's Beauty Parlour

G2, Surabhi Lotus,
Near Green House,
Ameerpet,
Hyderabad - 500 016
Phone 3752840

■ Ellora Herbal Beauty Parlour

Santhi Soudha Apartments
Erramanizil Colony,
Hyderabad-500 082
Phone 3302952

■ Esthetique

Plot No 15,
Road No 5,
Jubilee Hills,
Hyderabad - 500 033
Phone . 3546851

■ Evlas

Road NO 3,
Banjarahills,
Hyderabad-500 034
Phone 3546332

■ Femina Beauty Parlour

Plot No 41,
Sidharthanagar,
Vengalrao Nagar
Hyderabad-38
Phone . 3810384

■ Fery's Hair & Beauty Saloon

Shop 9,
AmruthaMall,
Somajiguda,
Hyderabad-500 082
Phone . 3301463



*Strive to learn something
new everyday.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Glamour World

6-3-1086/A,
Raj Bhavan Road,
Somajiguda,
Hyderabad- 500 082
Phone 3310465

■ Hi-tech Cure

Ground Floor,
Hardy complex,
M G Road,
Secunderabad -500 003
Phone 6211797

■ Jasmine Beauty Clinic

Sn DattaSai Apartments,
Beside Yasoda Hospital,
Hyderabad-500 082
Ph 3303314

■ La Femme Beauty Clinic

MEZ-3,
Siddamsetty Complex,
Opp Chenoy Trade Centre,
Parklane,
Secunderabad-3 Phone 7846046

■ Manjula's Health & Therpeutic Clinic

10-3-771/3,
Vijaya Nagar Colony,
Hyderabad-500 057
Phone 3345659

■ Mayuri Beauty Parlour

4-5-768,
Badi Chowdi,
Hyderabad-500 027
Phone 4657845

■ Metro Hair Dresses

Main Road,
Santi Nagar,
Hyderabad-500 018
Phone 3775669

■ Miracle

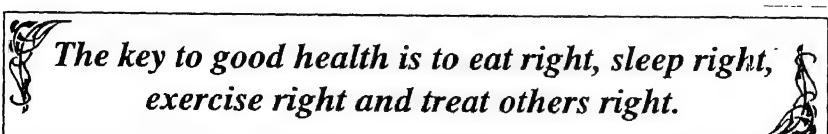
5-9-88,
Inside Hotel Basera,
Sarojini Devi Road
Secunderabad - 500 003
Phone 3233103

■ Mohan Beauty World

Flat No 148,
Road No 10,
BanjaraHills,
Hyderabad-500 034
Phone 3608549

■ Monalisa

29,
Sanalı Heaven Apartments,
Ameerpet,
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Phone 3742146

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Phone 3201729

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■ Rupali Beauty Parlour for Ladies
5-3-844/7,
Near MJ Road,
Hyderabad-500 195
Ph 4611644

■ Prabha's Herbal Beauty Clinic

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Sanjeeva Reddy Nagar,
Hyderabad-500 038
Phone 6509535

■ Sabika Beauty Clinic

17/2RT
Prakashnagar,
Begumpet,
Hyderabad-500 016
Phone 7768870

■ Queen's

Trinetra Super Market Complex,
Dilsukhnagar,
Hyderabad
Ph 4051945

■ Sanyo Hair Dressers
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Phone 7846407



*Forget the past, it is dead and gone. Live for
the future. It is alive and full of potentiality.*



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Phone 7801606

■ Shamas

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Greenpark,
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Old MLA Qtrs Road,
Himayatnagar,
Hyderabad -29
Ph 3227624

■ Shubha's Herbal Beauty Clinic/Int.

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646 ext : 651
Res : 6504939
Fax : 040-3231631,
Email :
mediciti@hd1.vsnl.net.in
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Phone . 3324286

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Secretariat Road,
Hyderabad - 500 004
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Phone 3320918

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Phone 7642654

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Phone 4570162

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*Give to those in need. One day you may benefit from the
kindness of someone who does the same to you.*



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Phone : 7844209

■ Aruna Medical Stores

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Phone : 3394558

■ Ashok Medical Hall

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■ Aswin Medical Hall

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Ramkoti,
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Happyneess is a taste of mind.



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Phone 4554363

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Phone 4732696

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Secunderabad.
Phone . 7503336

■ Bhagyalakshmi Medicals

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Phone 4754326

■ Bhagawati Medical Stores

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Hyderabad.
Phone 4552146

■ Bhandar Medical

Lady Hydari Club,
Bhasheerbag,
Hyderabad -500 029
Phone : 3233263

■ Bharat Medical Point

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Hyderabad-500 024
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Life is a combination of success and failure. Both are needed.



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Ph 4736649

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Ph 7663853

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Ph 3220431

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Phone 3516276

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Phone . 7606322

■ Gokul Medical and General Stores

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Secunderabad - 500 003
Phone 7813227

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Hyderabad
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Theatre, Ram Koti,
Hyderabad
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Hyderabad.
Phone 3391832

■ Health Care India Ltd

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Mehidipatnam,
Hyderabad.
Phone 3516107

■ Hemavathi Medcial Hall

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Amberpet,
Hyderabad,
Phone . 4614901

■ Hind Medical Hall

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Hyderabad,
Phone 4600003

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Red Hills,
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Phone 3327645

■ Hyderabad Medical Stores

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*Loving someone is caring, Sharing, bearing,
working, changing together.*



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Hyderabad-500 012
Phone 4600888

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Jawahar Nagar,
Hyderabad-500 020
Ph 7635176

■ Karuna Medical Hall

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Hyderabad-500 020.
Ph . 7634386

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Hyderabad,
Phone 4531426

■ Keerthi Medical Hall

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Hyderabad

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Hyderabad

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Hyderabad

Phone 4753571

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West Maredpally,

Secunderabad Phone 7805527

■ L Chiman Lal and Co.

Gowliguda,

Hyderabad.

Ph 4601477

■ Lalitha Medical Hall

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Hyderabad

Ph.4069115

■ Lakshmi Medical Hall

833/A,

Dilsukhangar,

Hyderabd

Phone 4067555

■ Lakshmi Ganapath Medical Hall

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Ramanthapur,

Hyderabad

Phone 7032567

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Phone 7038161



Your day is as good as you make it.



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Phone . 3308114

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Municipal Market Road,
Ameerpet,
Hyderabad - 500 016.
Phone 3326459



Have a good laugh at yourself from time to time. It will do you good.



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2-4-534,
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Amberpet,
Hyderabad-500 013
Phone 4657346

■ National Medical Hall

3-5-78/12/1,
Eden Garden Road
King Koti,
Hyderabad.
Ph 3211442

■ Mor Chemist & Drugist

5-9-13,
12 Mor Chambers
Baseerbagh,
Hyderabad
Phone 3297111

■ Navin Medical & Pet Needs

3-6-280/A/2,
HimayathNagar
Hyderabad
Phone 3224818

■ Murali Medical & Gen. Stores

12-1-670,
Shantinagar
Northlalaguda,
Secunderabad -500 017
Ph 7002361

■ Navin Medical Hall

7-1-138,
Ameerpet,
Hyderabad-500 016
Phone . 3730236

■ Nagar Medical Hall

4-5-472,
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Hyderabad-500 095
Phone : 4741647

■ Neosparu Pharma Pvt. Ltd

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IDA Jeedimetla,
Ranga Reddy District,
Phone 3094126

■ National Medical Stores

2-286/9,
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Hyderabad-500 008
Phone : 3514657

■ New Green Stores

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Phone : 3202284



If your heart is breaking, give it to god to mend.



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Yapral,
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■ Nutan Medical Hall

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Street No 10,
Himayathnagar,
Hyderabad.
Ph 7631301

■ New SS Medical Hall

Beside Mumtaj Hotel,
Waraiguda,
Secunderabad-500 0361
Phone 7641088

■ Omega Medical & Gen. Stores

9-2-286/A/1,
Lunger House,
Hyderabad-500 008
Ph :3517316

■ Nikil Medical Hall

9-3-288/1,
Station Road,
Secunderabad-500 003
Ph 6211783

■ Onkar Medicals

12-10-93/B,
Seetafalmandi,
Secunderabad-500 061
Phone 7616308

■ Nilofer Medical Hall

11-5-381/3,
Red Hills,
Hyderabad-500 004.
Ph 3326479

■ Panchvati Pharmacy

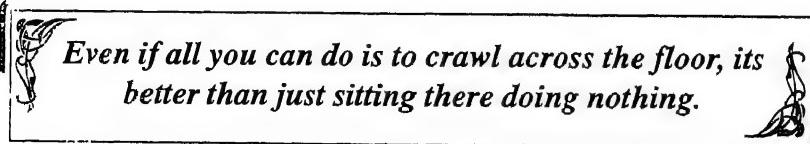
2-2-1118/1/8/B,
Nallakunta,
Hyderabad-500 044
Phone 7565366

■ Nitish Medical & Gen. Stores

Ameerpet
Hyderabad-500 016
Ph 3757133

■ Parameshwari Medical & Gen. Stores

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Amberpet,
Hyderabad-500 013.
Phone 7038483



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Hyderabad-500 020
Phone 7651012

■ Pooja Medical & Gen. Stores

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Mehidipatnam, Hyderabad.
Ph 3510954

■ Poonam Medical & Gen. Stores

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Hyderabad-500 020
Ph .7600495

■ Prakash Medical Hall

4-6-462,
Esamia Bazar,
Hyderabad-500 027
Phone . 4656346

■ Prakash Medical & Gen. Stores

32-15/10,
Shapur Nagar,
Hyderabad Phone : 3096345

■ Praveen Medical Hall

8-1-400,
Rastrapati Road
Secunderabad.
Phone 7701774

■ Preeti Medicals

3-5-167/A/2,
Opp Shanthi Theatre,
Narayanguda,
Hyderabad
Phone 4573404

■ Pramila Pharmacy

Salarjung Colony,
Tolichowki,
Hyderabad.
Phone 3515996

■ Ravindra Medical Shop

4-5-307,
Sultan Bazar,
Hyderabad.
Phone 4757598

■ Raghava Medical & Gen. Stores

10-3-281/1/C,
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Hyderabad - 500 028
Phone 3535706

■ Rajender Medical Hall

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*There is nothing in the world that love
cant conquer.*



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Hyderabad - 500 016
Phone 3730089

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NFC Road,
Moula Ali,
Hyderabad.
Ph 7052415

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Hyderabad Phone 3540905

■ Rajasri Medical & Gen. Stores

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Secunderabad Phone 7706397

■ Rakesh Medical & Gen. Stores

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Hyderabad Phone 3322159

■ Rakesh Medical Hall

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Esamia Bazar,
Hyderabad - 500 027
Phone : 4656297

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West Maredpally,
Secunderabad-2
Phone 7703564

■ Amruth Milk Products Ltd.

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Auto Nagar
Hyderabad-35
Phone 4020377

■ Amul Icecreams

5-8-24/68,
Hill Fort Area,
Adarsh Nagar,
Hyderabad-63
Phone 3236378



*Troubles, like a washing machine, twist us and
knock us around. But in the end
we come out bright and better than before.*



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Hyderabad-94.
Phone 7114607

■ Creamline Dairy Products Ltd.

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Begumpet,
Hyderabad-16
Ph 7768271

■ Dairy Den

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S D Road
Secunderabad-3
Phone 7714830

■ Happy Food Products

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Ferozguda,
Hyderabad-011 Phone 3771845

■ Hemant Dairy Products & Ice Cream Parlour

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Esamia Bazar,
Hyderabad-27
Ph 4612777

■ Heritage

6-3-541/C,
Punjagutta,
Hyderabad-82
Phone 3391221

■ Heritage Foods

16-11-741/B1,
Above Laxmi Motors,
Hyderabad-36
Phone 4041456

■ Indo Swiss Project

Vrib Premises.
Shanti Nagar.
Hyderabad-28
Phone 3320386

■ Jyothi Dairy Pvt. Ltd.

Suraram Industrial Area,
Suraram,
Hyderabad-055.
Phone 3091313



*Smile! God loves you! keep smiling
and others will too.*



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Harmínagar,
Hyderabad-2
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Malakpet, Hyderabad-36 Ph 4066480

■ Mather Dairy

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Warasiguda,
Secunderabad-61
Phone 7820180

■ Mysore Ghee Stores

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Hyderabad-195
Phone 4653397

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Hyderabad-39
Phone 7153098

■ Om Sri Sai Dairy Parlour

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Uppal,
Hyderabad-39.
Phone 7159003

■ Panchrathan

Kachiguda Station Road.
Kachiguda,
Hyderabad-27.
Ph. 4656894

■ Panchrathan Dairy Udyog

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Prenderghast Road,
Secunderabad-3
Phone 7846940

■ Perati Milk Foods

Perati Shopping Complex,
Kukatpally,
'X' Roads,
Hyderabad-18.
Ph 3714015

■ Pragathi Traders

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Sri Krupa Market,
Malakpet,
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Being polite costs nothing, but it is priceless.



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Hyderabad-12
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■ S.A.H.Associates

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Golconda 'X' Roads,
Hyderabad
Phone 7660994

■ Ravileela Dairy Products Ltd.

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Ravileela House,
Somajiguda,
Hyderabad-82
Phone 3314150

■ Shabana Milk House

5-7-527,
Nampally,
Hyderabad-1
Phone 3214551

■ Rhit Diary Parlour

10-3-281/1/F,
Humayun Nagar,
Hyderabad-28.
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■ Shah Motilal Suresh Kumar

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Begum Bazar
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Ph. 4607570

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Opp Airport,
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Phone 7766578

■ Shree Agarwals

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King Koti,
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Ph 3240852

■ Gopi Krishna Agencies

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Secunderabad-3.
Phone 7701937

■ Sri Chaitanya

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Ameerpet,
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*Life is an Ice Cream. Enjoy it
before it melts.*

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Hyderabad-70
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Chairnyapuri,
Hyderabad-60
Phone 4046568

■ Sri Sai Dairy Parlour

3-4-873/1/A,
Barkatpura,
Hyderabad-37
Phone 7560679

■ Sri Supriya Dairy Parlour

Plot No.219,
Old Post Office Road
Shapur Nagar,
Hyderabad-55
Phone 3092238

■ T.R.Srinivas

101,
SMR Vinay Vihar,
Street No 11,
Tarnaka,
Secunderabad-17 Phone 7018242

■ Vijetha Dairy Products

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Bowenpally,
Secunderabad- 11.
Phone 7751607

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Phone . 4751343

■ Dental Arts Lab

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Chikkadpally,
Hyderabad - 500 020.

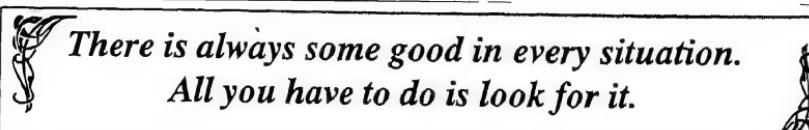
Phone : 7619894

■ Everest Agencies Dental Goods

4-2-614/A,
Ramkote,
Hyderabad - 500 001
Phone : 4751932

■ Hyderabad Dental Depot.

4-1-463/C, First floor, 6,
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Troop Bazar.
Hyderabad -100 012. Ph : 4610316



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Hyderabad-500 035
Phone 4046677

■ Nobel Dentistry Medical & Surgicals

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Jubilee hills,
Hyderabad-500 033.
Phone 3546806

■ Ramnagar Poly Clinic

Ramnagar 'X' Roads
Hyderabad - 500 044
Phone 7617843

■ Sona Diagnostic & Vijaya Scan Centre

Main Road,
Shobana Theatre,
Balanagar,
Hyderabad-500 037
Ph 3771070

Diagnostic Centres

■ Avinash Diagnostic Centre

2-2-1132/10/A,
New Nallakunta,
Hyderabad - 500 044.
Phone 7601617

■ Sri Sai Krishna Diagnostic Centre

Chaitanya puri,
Dilsukhnagar,
Hyderabad.
Phone . 4066831

■ Gandhi Diagnostic Centre

Adj Shankarmatt Temple Busstop,
New Nallakunta,
Hyderabad-500 044
Ph 7653301

■ Sri Tirumala Pathological Laboratory

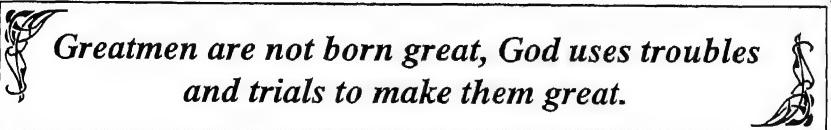
12-1-669/16,
Shanthinagar.
North Lalaguda,
Secunderabad
Ph. 7002506

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Ayurvedic Physician
Panel Doctor to N.F.C.,

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7113821 (S)

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Crescent Hospital,
Humayunnagar,
Masabtank,
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5 pm - 8-30p.m.

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Ph 3220022

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Next to Times of India,
Begumpet,
Hyderabad-500 016.
Ph.. 7768967

■ Vijaya Clinical Phathological Lab

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Secunderabad-500 361
Phone 7503193

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Ameerpet,
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Diatitians

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Vasivinagar,
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Phone No. 7610867

■ Magno Miracle Equipments

Dr. G. Jayaraman
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When someone has wronged you, repay them with forgiveness and it will be remembered for ever.



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Pain Management Clinic

Dr. A.N. Rao
Domalguda,
Hyderabad
Phone no 7603257

Shah Dr. D.D.

H No 4-2-1069, G-6,
Vaibhav Apartments,
Ramkoti,
Hyderabad
Phone no 4750230

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■ Dr. Ashok's Aesthetic Clinic

Dr. Ashok
Begumpet,
Hyderabad - 16
Phone no 3302596

■ Gowri Dr.

Mahavir Hospital,
Masabtank,
Hyderabad.
Phone no. 3316262.

Doctors - Allerg

■ G.Venugopal

Begumpet,
Hyderabad-500 016.
Ph : 7768989

Doctors – Anaestheologists :

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Kamalanagar,
Dilsukhnagar,
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■ Gowri Dr. I
Mahavir hospital
Masabtank,
Hyderabad.
Phone no 3316262.

Doctors – Anaesthetists :

■ Gowri Dr. I
Mahavir Hospital
Masabtank,
Hyderabad
Phone no. 3316262.

■ Srinivas Dr. R.
Esamia Bazar,
Koti,
Hyderabad.
Phone no. 4656042.

■ Thota Dr. Chakradhar

P.S. Nagar,
Masabtank,
Hyderabad.
Phone No 3347773.



Love is god and god is love.



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 Hyderabad
 Phone no 7631823

■ **Uro-Andrology Centre.**

Dr. A.B. Shah
 Somajiguda,
 Hyderabad.
 Phone.: 3302990

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■ **Diabetes Education and Treatment Centre.**

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 Hyderabad.
 Phone no. 3391911

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 Jublieehills,
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 Ph : 6577107

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■ **Kerala Ayurvedic Centre**

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 Hyderabad - 500 028.
 Phone : 3392858

*Success can be dangerous. It can breed arrogance. Some times its better to fail. Failure fosters humility and humility will win you more people than arrogance.*

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Hyderabad - 500 027
Phone . 4051472

■ Naidu V.B.R.

Sri Sairam Clinic,
Near Bus Stop,
Yapral,
Secunderabad
Phone 7860745

■ V Shiva Rama Prasad

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Near Ashoknagar Circle,
Hyderabad - 500 020
Phone : 7632147

■ P.Leena

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Sundarnagar.
Near ESI, Erragadda,
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■ Power Clinic

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Sanathnagar,
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■ SM Saeed Isla Hakim

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Lakdikapool,
Hyderabad - 500 004.
Phone : 3326007

■ Badrinath Dr. S.

Dilsukhnagar,
Hyderabad-60.
Phone no. 4048654



*I would rather confess I am wrong and be right
than claim I am right and be wrong.*



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Phone no 3201282
- **Herbal Care and Fertility Clinic**
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Khairatabad,
Hyderabad.
Phone no 3314934
- **Islahi Laboratory**
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View Towers,
Lakdkapool,
Hyderabad.
Phone no. 3326007
- **Kerala Ayurvedic Pharmacy Ltd.**
Somajiguda,
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Phone no 6504357
- **Karneshwar Rao Dr. M B R**
Safilguda,
Hyderabad-47.
Phone no. 7054293
- **Lakshmi Ayurvedic Hospital**
Vanasthalipuram,
Hyderabad.
Phone no 4021846
- **Murali Manohar Dr.**
Chirumamila
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Saradhi Studio Road,
Ameerpet,
Hyderabad-73.
Phone no. 3742146
- **Nazeer Ali and Company.**
Nampally,
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Phone no. 3319548
- **Prakruti Naturecure Clinic**
Dr. A. Rao
14/A, Bharani Complex,
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Secunderabad. Ph : 7814644
- **Reiki Institute**
Phone no. 7174318
- **Rudhraksha Pyramid House / Clinic**
Anandnagar Colony,
Hyderabad.
Phone : 3315582



If you want to be happy live for others.



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Phone . 7614275

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■ Mir Mumtaz Ali

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Masab Tank,
Hyderabad-500 028
Phon. 3300434

■ C. H. Umesh Chandra

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■ Shailendra Singh

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Phone: 3298492

■ C Shakuntala

10-5-3/2/6,
Masab Tank,
Hyderabad.
Phone : 3390004

■ Singh Shailender T

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Punjagutta,
Hyderabad-500 482,
Ph : 3310545



*If you feel like giving up, hold on just a
little longer.*



Murthy's HEALTH & MEDICAL DIRECTORY

- **Sunil Kumar**
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Ph 3731160
- **T Rajendra Prasad**
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Hyderabad - 500 004. Ph 3399928
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Phone : 3316057
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Basheer Bagh,
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Phone : 3228248
- **A.S.V. Narayana Dr. Rao**
Redhills,
Hyderabad.
Phone : 3315753



*The secret of happiness is being content
with what you have.*



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Phone 4755176
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Phone 4549885
- **Damodar Rao Dr. P.**
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Karkhana,
Vasavi Nagar,
Secunderabad-15
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Phone : 3310545
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Phone : 4745110
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Want a face lift, wear a smile.

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■ Ambadas Diggikar

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Phone : 7631863

■ Arun B Shah

Apollo Dia Clinic,
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Phone 3313915

■ K Venu

310,
Navketan Complex,
Sarojini Devi Road,
Secunderabad.
Phone : 7617858

■ O A Sharma

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Ashoknagar,
Hyderabad-500 020
Phone : 7636661

■ R Vijay Kumar

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New Bakaram,
Hyderabad - 500 380.
Phone : 7611222

*Good things comes to those who wait, better
things comes to theose who try.*

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Phone : 3394287

■ **Marda Dr. Mahesh**

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The tongue is a sword or a magic wand. It can cut and kill, or love and heal.

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Ph 3203684

■ A Srikanth

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■ Astral Dental Clinic

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Hyderabad-500 004
Phone 3392258

■ Ashwini Speciality Dental Clinic

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Hyderabad
Ph 3537612

■ B.S.Shyamsundar

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Phone 4756751



*For the best in town, talk to god. He knows you
better than any one.*



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Redhills,
Hyderabad-500 004,
Ph 3391981

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Hyderabad-17. Phone 7004280

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Secunderabad-500 003.
Phone 7804123

■ Cosmo Dont Dental Clinic

Harini Complex,
Kamalapuri Colony,
Hyderabad-500 003
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■ Dental Care

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AdarshNagar,
Hyderabad-500 063.
Phone : 3233216

■ Detnal Clinic

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Kismathpura,
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Phone . 3521191

■ Dental Health Center

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Every one has potential, you have to just discover it.



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Hyderabad-500 001
Phone 4744210
- **FMS Dental Clinic**
Kanthi Sikhra Apartments
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Phone : 3390940
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West Marredpally,
Secunderabad - 500 026
Phone : 7805794
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Boggulkunta,
YWCA Lane,
Abids,
Hyderabad-500 001
Phone 4754448
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*It is better to slow down and get there than
never to arrive at all.*

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Hyderabad - 500 020.
Phone : 7603037
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Phone 4043070
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Phone : 3302633

స్వేచ్ఛాముందు నీయేనిం ప్రీధానీం

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■ M Nagerndra Kumar

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Phone 3233553

■ Kavitha Dental Clinic

2, Kavya Delux Apartments
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■ Mahendra Dental and Facial Sgry Centre

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Hyderabad-500 082
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Hyderabad-500 017.
Phone 7003204

■ Medwin Dental Super Speciality Centre

5-8-352/97/98,
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Phone 3203823

■ Kiran Kumar

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Secunderabad-7
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■ P V Karmedkar

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Hyderabad-500 012
Phone 4658780

■ Mohd Osman

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Phone : 7721268

■ Monsari Dental Clinic

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Hyderabad-500 028.
Phone 3534376

■ Prabhavati

1-10-233,
Ashoknagar,
Hyderabad-500 020,
Phone : 7611407

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1-8-150/2&3,
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Secunderabad-500 003
Phone : 7845633

■ Pemanandam

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Hyderabad-500 029.
Phone : 7610528

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BR Apartments,
Malani Colony,
Tarbund,
Secunderabad-9
Phone : 3548135

■ Prime Dental Care

Glendal,
KingKoti Road,
Hyderabad-500 001.
Phone : 4752614



*The hands which help are holier than
those lips which prey.*



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Abids,
Hyderabad
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■ RSN Dental Clinic

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Phone : 3717427

■ Radhika Sply Dental Clinic

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1st Floor,
Blue Bird Hall,
K Nagar,
Hyderabad
Phone . 3517779

■ Rajashekhar G

Vivekananda Hospital,
Opp. Blue Moon,
Begumpet,
Hyderabad-500 016
Phone 3394431

■ Rajesh Karwa

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Narayanguda,
Hyderabad-500 029.
Phone : 3225760

■ S B Adiga

3012,
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7841085

■ S Prem Kumar

14-198/3,
Mirjalguda,
Near Bus Stop, Malkajgiri,
Secunderabad Ph 7057064

■ S Prem Kumar

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Ph : 7613238

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■ Sai Dental Surgery

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Hyderabad-500 082.
Phone : 3311446

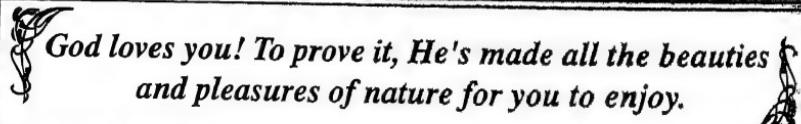


Giving love is the greatest pleasure of life.



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- **Sai Lalitha Dental Clinic**
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- **Saraswathi Dental and Ortho Dontic Clinic**
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Hyderabad-500 060.
Ph 4069944
- **Sirjeev Singh Yadav**
Lane Opp Arya Samaj,
Kachigda X Road,
Hyderabad
Phone 4654558
- **Sec Dental Hospital**
1-2-261/4-6,
Opp Minerva Complex,
S.D. Road,
Secunderabad-500 003.
Ph. 7817821
- **Sravan Dental Clinic**
Adj. SBH,
Shantinagar,
Masabtank,
Hyderabad-500 028.
Phone : 3315146
- **Shreya Dental Clinic**
Cholas Residency,
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Kharkana,
Secunderabd-500 015.
Ph.7743193
- **Shiva Speciality Dental and Plastic Clinic**
G7,
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Shankarmutt,
Hyderabad-44. Phone : 7618719
- **Smile Centre Dental Hospital**
Golconda X Roads,
Opp. Subash Theatre,
Musheerabad,
Hyderabad-500 020.
Ph. 7663373

*God loves you! To prove it, He's made all the beauties and pleasures of nature for you to enjoy.*

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■ Smile Design

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Ph 3303085

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Ph 3744075

■ Sri Rama Murthy's Dental Clinic

F14,15,16,
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Phone . 3232351

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Ph . 3312323

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Sec-bad - 015
Ph 7740890

■ Sri Sai Clinic

Tredent, Plot No 28,
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Wellington Road,
Secunderabad,
Ph 7843434

■ Srinivas Dental Clinic

C13,
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Ameerpet,
Hyderabad-500 016
Ph : 3313454

■ Sri Ram Dental Clinic

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Harikrishna Complex,
Dilsukhnagar-60
Hyderabad
Phone 4065876

■ Sri Sai Cosmetic Dental Clinic

7, Vardhaman Apartments,
Srinagar Colony,
Hyderabad-73
Phone . 3742650

■ Sri Satya Sai Speciality

Prem Chambers,
1st Floor,
Dilsukhnagar,
Hyderabad-36
Phone : 4044815



*Happiness comes from within your heart, not
from your surroundings.*



ఉద్యోగం సీటపాచించేడీం ఎలా ?

డెశంలోని విధి నియమక సంస్థలు చేల ఉద్యోగాలకు ప్రతియొక్క నిర్వహించే పాటీ పరీక్షల పూర్తి వివరాలు నికిప్పం చేయాలడిన విశిష్ట పుస్తకం, బెట్, ఇంటర్, డిగ్రీ విద్యార్థులకు పాటీ పరీక్షలపై పూర్తి అవగాహన కల్పించి, ప్రథమ మరియు త్రైవేల్ రంగాలలో ఉద్యోగ సాదనకు కల్పనలు ఉపయోగపడే అధ్యుత పుస్తకం.

కేంద్రప్రభుత్వంలో క్లర్క్ దగ్గరనుంచి ఆఫీసర్ కేడర్ వరకు ఏ చోస్సు అందుకోవాలంపు ఏమే పాటీ పరీక్షలు రాయాలి? ఈ ఉద్యోగాలను భారీ చేసేందుకు పరీక్షలను ఎవరు నిర్వహిస్తారు? అందుకు విద్యార్థుల తలేమిలి? ఈ పరీక్షలకు నేపటిశేషస్సు ఎస్సులు వస్తాయి?

మన రాష్ట్రంలో ఎ.పి.పి.ఎన్.సి., కారెజీ సర్క్యూన్ కమిషన్, ఆర్.ఆర్.ఎస్., చి.ఎస్.ఆర్.ఎస్., ఎల్.బి., ఎల్.ఐ.ఎస్., ఎన్.బి., ఎ.పి.ఎస్.ఆర్.ఎస్.సి., ఎ.పి.ఎస్.ఇ.ఎస్., దీచర్జీ రిత్రూషిమంట్ వంటి విధి ఉద్యోగ నియమక పాటీ పరీక్షల సంశ్శర్ధ సమాచారం గల పుస్తకం.

బెట్, ఇంటర్, డిగ్రీ, పి.జి. పాకెంపిక, మెడికర్, ఇంజనీరింగ్, మెనేజిమెంట్ తదితర కోర్సులు చదివన వారికి త్రైవేల్ ఉద్యోగాన్ని వెదికి చెప్పే దేశపలోని 20 నగరాలలోని 360 స్టేషన్సెంట్ సర్వీసుల పూర్తి చిరునామాలు గల పుస్తకం ఇది.

అమెరికా, యూరప్, గల్ఫ్, అస్ట్రేలియా, న్యూజిలాండ్ ఇంకా ఇనేక దేశాలలో ఉద్యోగాలకు విధేశీ స్టేషన్సెంట్ ఏజన్సీల అధ్యుతలు గల పుస్తకం.

త్రైవేల్ కంపెనీ ఉద్యోగాలకు లయోడెట్ ఎలా వాయాలి? కవరింగ్ లైటర్ ఎలా ఉంధారి? జంటర్యూలో విజయం సాధించడం ఎలా? వంటి ఎన్నో ఎన్నో వివరాలకే ముఖ్యంగా గ్రామీణ ప్రాంత విద్యార్థులు, నిరుద్యోగులకు ఉపకరించే అమూల్య సమాచారంతో ఇత్కుంత కాప్రైయంధార్ రూపొందించిన పుస్తకం.

ఈ అస్పరూప పుస్తకం కావలసినవారు వెంటనే కార్బూన్ మి చిరునామా రాసి మాకు పోస్టు చేయండి. పుస్తకాన్ని ఎ.పి.ఎస్.ఇ.ఎస్. ప్రాప్తమెన్కు రూ.99 + రూ.21 చెంది పుస్తకాన్ని మి జంటి వద్దే పొందండి.

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*When the night is the darkest, that's when
one lone candle makes the biggest difference.*



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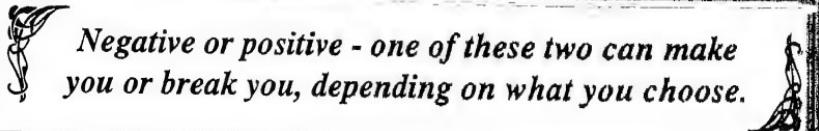
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*Earth has no sorrow that
time cannot heal!*



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Phone . 3326399

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■ P.Sridevi

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*Light up your own life by
lighting up another's.*



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*Life is a journey;
Heaven is the destination.*



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*Man looks on the outward appearance,
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Phone : 3205596

■ Surendra Ugale

Basheerbagh,
Hyderabad.
Phone : 4746241

■ Ugale Dr. Meena

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*God overlooks our negative traits;
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*Are you sure you're right, or are
you just being stubborn ?*

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*"I can't" are sad words in
any language.*



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*Never confuse a mere bend in the road
with the end of the line.*



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*It's better to slow down and get there
than never to arrive at all.*

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*Everyone has potential;
you have to discover it.*



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రచన : డా. శరత్తచంద్ర

(నిస్యతువ, నిర్దిష్టత, అనాసక్తత, బోర్డమ్ నిండిన జీవితాల్ఫి

సమాలంగా మార్కెట్ లో ఈతరం యువతరం పుస్తకం)

ఈ పుస్తకం మిస్టర్ యై జీవితంలో ఎంతో కోల్పొరు

మీ జీవితాన్ని సంపూర్ణంగా మార్కెట్ లో, మీ వ్యక్తిగత్తొన్ని అభ్యున్నత శిబూరాలకు కొనిపోయే అధ్యాత్మమన మాయాదంచం ఈ పుస్తకం. ఈ మాయాదంచం మీ చేతిలో వుంపే ఏమ్ముల్ని మిరే శిల్పుకోలేనంతగా మారిపోరు.

కొత్తగా అమ్మాయిలను ఎలా పరిచయం చేసుకోవాలి? అమ్మాయిలే మీతో పరిచయానికి, స్నేహానికి కపూరపూలాడాలంపే ఏం చేయాలి? అమ్మాయిలను మొదటిసారి పరిచయం చేసుకొనేటప్పుడు ఏం మాట్లాడాలి? అమ్మాయిలే ముందుగా మీతో మాట్లాడాలంపే ఏం చేయాలి? అమ్మాయిలను ఎక్కడెక్కడ కలుసుకోవచ్చు? లాంటి విషయాల దగ్గరినుండి అమ్మాయిలలో ఎన్నిరకాలగా రమాన్ ఎంజాయ్ చేయొచ్చు? ఆ రిలేషన్ పిచ్చి ఉ పదికాలాలపాటు ఎలా నిలుపుకోవాలి లాంటి విషయాల వరకు సంపూర్ణంగా విడమరి చెప్పిన పుస్తకం. ఇప్పటివరకు అత్యంత రహస్యంగా వుంచబడ్డ వేలాది రమాంటీక్ రహస్యాలు, సెక్స్ పెక్సిక్లు ఈ పుస్తకంలో వివరించబడ్డాయి. ఈ పుస్తకం మీ జీవితమూనానే మార్చిపోస్తుంది.

సెక్స్ సామాన్ధ్యము పెంచుకొనే వివిధ పెక్సిక్లు, పురుషాంగం పరిమాణాన్ని పెంచే ఎక్కర్సైజ్లలు, పురుషాంగపు పొడవును పెంచే ఎక్కర్సైజ్లలు, ఎక్కువసౌష్ఠవు సెక్స్ చేయడానికి ఔంటిఫిక్ పద్ధతులు, ప్రపంచ వ్యాప్తంగా ఉపయోగిస్తున్న వందలాది ప్రైరేషన్ పద్ధతులు, 150కి పైగా ప్రపంచప్రసిద్ధి చెందిన రకిథంగిమలు ఇంకా ఇలాంటివెన్నె ఎన్నెన్నె అధ్యాత ఉపయోగుల ఇందులో చర్చించబడ్డాయి. నిజంగా త్రై పురుషుల రిలేషన్సిపిలో ఈ కొత్త డైమెన్సన్సును ఎష్టోబ్బిష్టిచ్ చేసే పుస్తకం ఇది.

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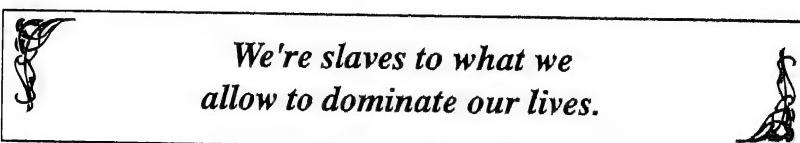
ఈ ల్యూప్లిక్ కాంపానీ కీరు కార్పొరేట్ కు ఉరువైశా రోస్ పొప్పుచేయండి. బి.పి.పి. వైఎస్ ఎంత్రుతిషు. పొప్పుమేన్కు రూ.125/- చెర్రి 10 లు ల్యూప్లాన్జు కు ఇంటిక్లో పొందండి.

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it's bound to run smoother.*



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talk to God. He knows you better than anyone.*



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to love and care for.*



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*Falling down doesn't matter nearly as much
as getting up and trying again.*



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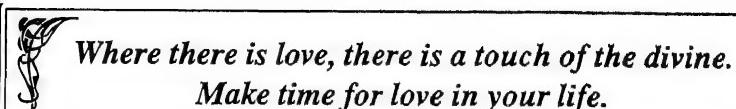
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do you get better or bitter*

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*When feel like giving up ,
hold on just a little longer*



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Heaven is full of solutions*

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*Truth is always the best policy.
Honesty pays.*

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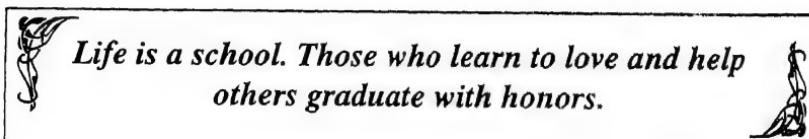
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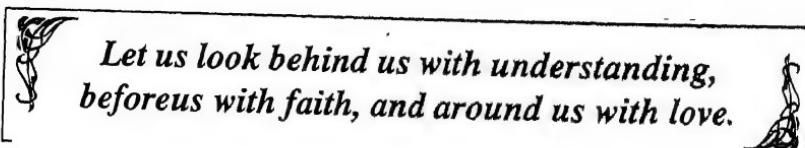
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Phone 4758483

■ Smart Body

Needs Arcade,
Boggulkunta,
Hyderabad-1
Ph4753621

■ Vitabiotics Limited

408,
RR Towers.
Chirag Ali Lane.
Abids,
Hyderabad-1.
Phone 3201373

■ Yoga Prakruti Health Centre

1-9-319,
Vidya Nagar,
Hyderabad-44
Phone 7616230

HEALTH CLUBS/ FITNESS CENTRES

■ Afton Health & Fitness Equipment

6-3-902/7/2, Rajbhavan Road
Somajiguda, Hyderabad
Phone 3318608

■ Body & Soul

37,
MLA Colony,
Road 12,
Banjara hills,
Hyderabad
Ph 3302748



*You are like a snowflake, unique and exquisitely
beautiful in your own way.*



life of women. Very often people, especially rural folk, are unaware of health care needs of women and children. Their lack of education is a major contributory to their non-reliance on health care facilities.

In India, where the majority of the population is settled in rural areas, the existing health care structure appears top-heavy, with maximum monetary and manpower resources utilised at the tertiary level, i.e., in the major hospitals with complete diagnostic and therapeutic facilities in metropolises, instead of the primary level.

4. The Causes of Maternal Mortality :

The most common killers of women are haemorrhage and sepsis. Complications like bleeding, obstructed labour, sepsis, eclampsia together with anaemia are responsible for 80% of all maternal deaths in developing countries. A very small percentage of maternal health care institutions have the required safe blood transfusion and drug facilities to combat these diseases, which are totally preventable causes of maternal mortality. The morbidity of pregnancy induced hypertension and eclampsia require basic health checkups which can be performed by minimally qualified paramedical workers, but even these are not detected till it is too late for the patient.

Rupture of uterus in obstructed labour after a previous

uterine surgery and ruptured ectopic pregnancies claim a heavy toll of women

Moderate diagnostic facilities and patient education only are required to treat these conditions at an early stage so as to reduce the subsequent mortality and morbidity.

One of the most horrifying causes of death is the sequelae of criminal abortions, be it infection, haemorrhage, damage to the viscera or shock. Helpless women, hounded by society, unaware of the various alternatives to an illegal abortion, fall prey to unscrupulous quacks who cause untold misery by their interference. The mortality in these conditions is very high but so is the morbidity.

WHO with its constitutional charge to act as the directing and the coordinating authority in international health work has had a strong commitment to maternal health from its inception. Research studies in the 80's supported by WHO, drew attention to the high incidence of maternal mortality and serious morbidity with its underlying epidemiology. A Safe Motherhood Conference, in Nairobi, February 1987, led to a new global understanding of the dimension and nature of the problem of maternal mortality and the magnitude of inequality in the health care of Women. The 'Safe Motherhood Initiative' was a global effort to reduce maternal mortality by half, by 2000 AD, safety of girls and Women's health, through health and non-health strategies and thus reduce maternal mortality.

What should we do to ensure safer motherhood ?

In order to ensure a lasting and significant impact on 'maternal mortality and morbidity', it is essential to have an integrated strategy that is directed towards the main elements of maternal health and safe motherhood; namely improvement in the overall status of Women by redressing social inequalities, and improve the availability of health services. This consists of essential health care at all levels, early detection and correction of complications, and timely emergency care.

Probably the single most effective step towards safe motherhood and a reduction in the maternal mortality is education, not just of women, but of men too, to create an awareness of the problem and that something effective can and must be done to solve it. Education provides women with the knowledge & skills to improve their lot, and in so doing, society. Men must be made aware of the importance of good health, mental physical and social, of their daughters, sisters, wives, and its positive spin-off on the quality of their lives

5.0 Key Elements of Maternal Health Programmes:

5.1 Essential care for all pregnant women, includes adequate primary health care at all levels, especially nutrition and immunization.

5.2 Early detection of complications A grass-root-level programme must be installed so that there may be early detection of the various complications of pregnancy with subsequent referral ensure optimum health care to all pregnant women, by trained medical or paramedical persons, during childbirth at home or hospital.

5.3 Emergency care : women at higher risk and above all women in those dire emergencies of pregnancy and childbirth must have effective access to the essential elements of obstetric care. Community based health workers can provide the antenatal care. It is only ethical and right that every possible means should be undertaken to make motherhood safe.

Again, looking into the root cause of maternal mortality, the key areas for concern appears to be embedded in our adverse social, cultural and economics environments, where women suffer discrimination from the womb to the tomb. The female foetus and infants are terminated easily. There is a preferential disregard about the nutrition, education and total health care of the girl child. In a poor family with limited food facilities, it is the man who eats the biggest share, then the male children and then the minimum remaining to the girl child and hardly anything or none at all to the pregnant mother. The order based on requirement is reversed. Unless this unjust situation is put right, one cannot hope for safe motherhood.

6.0 Abortion - Killer of Women :

" I will maintain utmost respect for human life from life from the moment of conception" - the oath taken by every medical person. Vatican II strongly upholds the sanctity of life of life "from the moment of its conception, life must be guarded with greatest care, while abortion and infanticide are unspeakable crimes";

Family Planning is an essential means for achieving safe motherhood, for spacing as well as avoiding " close and many" pregnancies. Natural methods of family planning do not preclude a normal marital life but rather promote mutual understanding, and this has proved to be one example of a positive marital experience. Natural family planning is safe, cheap, effective, easy to use and reversible, fostering conjugal harmony, if the couples have the right motivation.

The medical profession in India is in the grip of a severe crisis of medical ethics. 27.2% of all qualified medical doctors work in rural areas where over 70% of the people reside, and where maximum care to the emergency needs of the mothers is needed. Over 80% of the doctors in our country work in the private sector (again, largely in urban areas), where 50% of hospitals and 30% of hospital beds are to be found. these services are expensive. The bulk of the population thus find themselves out-of from any medical care whatsoever, leave alone quality care.

Again, there is an absence of a framework defining quality control for the sector. As such varied standards prevail. The

SAFE MOTHERHOOD & MATERNAL HEALTH

" Health for all by 2000 AD" was the goal of the Alma Ata declaration by the World Health Assembly in 1978, and maternal health was identified as one of the key elements of a primary health care programme.

Maternal health is the corner stone of any family, and by consequence, of Society. The health of a pregnant Woman and the circumstances of her delivery directly affect the health of the new born. A healthy mother begets a healthy child. Out of safe motherhood, all safety flows - that of infants, siblings, the family, and society. Not least in importance is the safety of the women themselves. Saving women's lives is a practical goal as well as a humanitarian one.

The stumbling block to achieving safe motherhood is the alarming rate of maternal mortality. 500,000 woman die each year during pregnancy and child birth, leaving behind at least one million motherless children . 99% of these deaths occur in the third world. In the developed world, there are only 6 - 30 maternal deaths for every 100,000 live births while elsewhere, the figure ranges from 300 -1000+.

ముగర్ వ్యాధిగ్రస్తులకు శ్విట్ స్వాస్థ్

పాంక్రియానోలోని బాటుసెల్వ్ లేక వాలెట్స్ అథ లాంగర్జస్ క్రమంగా చెడిపోయి ఉన్నటిను ఉత్సత్తుచేయడం మానవస్తుయి. అందువలన మగర్వ్యాధి క్రమంగా పెరుగుతుంది. ముందు 1/2 టాబ్లెట్ లో లైఫ్ పెంట్ ప్రారంభమై, 3మండి 6 టాబ్లెట్లు దాకా చేరుతుంది. చివరికి ఇన్నటిన్ ఇంజక్షన్లు వాడాలి. ఇది రేగం బాగా ముదిరిన పరిస్థితి. ప్రైగ్ ఎన్న సైడ్ ఎఫెక్ట్స్ రియాక్షన్స్!! అప్పర్ ఎఫెక్ట్స్!!!

మగర్ వ్యాధిరులకు అద్భుతంగా వచ్చేసే అమూల్యమైన మూలికలు, ఉపధులలో తయారుచేయబడిన మందు. సైడ్ ఎఫెక్ట్స్ గాని, రియాక్షన్స్ గాని ఉండవు. మందు వాడిన రేగులలో మగర్ వ్యాధి పూర్తిగా నియంత్రించబడినది. రక్తములో ఫాస్టింగ్ మగర్, పి.పి. మగర్ స్టాయి, మూర్తింలో మగర్స్టాయి గణనియంగా తగ్గినది. మగర్ స్టాయి తగ్గడమే కాకుండా మందు ఆపివేసిన తర్వాత కూడా మగర్ నిలకడగా ఉంది. మగర్ను నియంత్రించే స్వభావం రేగుల కరీరంలో బాగా పెరిగింది. ఈ మందువాడిన ఆతిమూత్రం, మధ్యమహం తగ్గిపోవును. ఒఱ్పు నస్పులు, కీళ్ళనస్పులు, కండరాల నస్పులు, చురుకులు తగ్గిపోవును. అనేకమంది వాడి అద్భుత ఫలితాలు పొంది సంతోషపరమైన జీవితాన్ని గడుపుతున్నారు! మీరుకూడా స్వయంగా మందు వాడి ఈ విషయాలను గమనించండి!!

మేము ఇన్నటిన్ ఉపయోగించే రేగులచే మా మందులు వాడించి, వారికి ఇన్నటిన్ తగ్గిస్తూ కొన్ని నెలలలో వ్యాధిని కంట్రోల్ లోకి వచ్చేటట్లు చేశాము. ఆలాగే అనేకమంది రేగులు అనులు టాబ్లెట్లుమాని, మా మందు వాడిన తరువాత నార్కూల్ కి వచ్చింది. కొండరిలో మా మందు వాడటం నిలిపివేసిన తరువాత ఒక సంవత్సరము ప్రైగ్ మగర్స్టాయి నార్కూల్ గా ఉంది. దీనిని బట్టి మా మందు వాడినపుడు చెడిపోయిన బీటిసెల్వ్ తిరిగి పనిచేయటం ప్రారంభించినట్టుకదా? అంటే మా మందు మగర్ వ్యాధిని నయం చేయడమే కదా!! ఈ విషయాలు మా మందు యొక్క అద్భుత విజయం! మరి ఇక ఆసల్య మెందుకు? మగర్ వ్యాధినుండి ఏముక్కి పొందండి!! సంప్రదించండి!

సంప్రీతించు వేకెలు : ఉ.11గం.సుండి సా. 7గం వరకు

డివైన్ పోల్ట్ సింటర్

దెవి అయిల్ మిల్ రెడ్, సూర్యారావుపేట, విజయవాడ-2

technical competence of doctors is a major ethical problem of the profession in India today. Commercialisation is undermining medical ethics, especially in obstetric practise, with unnecessary surgery and interventions for monetary or other selfish motives.

7.0 Conclusion :

Safe motherhood, for every Woman in our country, is a Herculean task. The majority of the causes of maternal mortality and morbidity are preventable. Likewise, optimum maternal health is achievable and affordable, inspite of the economic constraints, through proper channelling of the available resources.

Hence, the urgent need for us today is to create an awareness of the gravity of the problem and the need to make motherhood safe while safeguarding the health of her infant, family and the society as a whole.

Thus with determined and organised efforts on the part of government, health planners, the medical profession and community to provide efficient and effective care to the pregnant woman, the goal of 'Health for all Mothers by 2000 ad'. May to a great extent be achieved and 'safe motherhood' be made a reality!

- Dr. Sr. T. Lillian

MRCOG, DA FRCOG

Prof. - Obstetrics & Gynaecology,

St. John's Medical College, Bangalore.

EYE DONATION WHY, WHERE, AND HOW

Eye sight is a precious gift of nature, but most of us don't seem to realise its importance until it is lost. So it is hard for a person with normal eyesight to even imagine living without it. Therefore, it is pertinent for us to ask : Can something be done for the less fortunate - those deprived of eye sight ?

It is a general belief, nay a popular misconception, that no treatment is possible once eyesight is lost. But this is not entirely true, as treatment is possible in some cases. Persons who gone blind because of corneal diseases can regain sight with an operation called corneal transplantation.

Cornea is the clear transparent front portion of the eyeball which covers the black portion as iris. Corneal transplantation involves removal of the diseased cornea from the patient's eye, and its replacement by a normal cornea. Such a cornea is taken out of a donated eye, removed from the body of a dead donor.

Who are the persons who can benefit from eye donation? People who are born with hazy corneas, people with corneas that have become opaque to infection, injury, chemical burns, or some intra-ocular operation. People whose corneas have turned opaque due to degeneration or dystrophy could also regain their eyesight after corneal transplantation.

Naturally, it occurs to us that if these people can be treated with corneal transplantation, why should the number of people

affected by corneal blindness in our country be sclarge. This is because of three reasons : first, shortage of trained of trained surgeons who canperform this operation; next, lack of awarness amongst these people that blindness can be treated and as a consequence, they do not seek treatment ; and lastly, there do is a shortage of 'donor' eyes.

About 2.6 million people suffer from corneal blindness in our country, while the number of 'donor' eyes available is dismally low. At present, about 4,500 corneal transplant operations are performed every year; contrast this with the 30,000 new cases of corneal blindness that are added on each year, and we have some idea of the magnitude of the problem. It also amply illustrates that unless more and more people come forward to donate their eyes, we will never their eyes, we will never be able to eradicate or even controlcorneal blindness.

Major obstacles to people donating eyes in our country are: lack of awareness and motivation in the people for such a noble cause, superstitious belife that aperson who donates his eyes will be blind in the next birth, fear of disfigurement of the dead body, and imortantly, inadequate efforts made by eye banks and voluntary health organisations to educate and persuade persons to donate their eyes. Gujarat is the only state in India which has eye donors in abundance. The state also partially meets the requirement of 'donor' eyes from other states. This is probably due to more public awareness among the people , and efforts made by organisations like the India Red Cross to motivate people to donate their eyes. There is no reason why similar efforts cannot be undertaken in other regions of the country. Explaining to the

people what an eye donation is, how they too can daonate their eyes, and what this would mean to those suffering from corneal blindness, and who will receive this valuable gift, would contribute substantially to increasing eye donations.

who can donate eyes? Anybody. Irrespective of whether they are newborn, Young or old, whether they have good vision or not, or whether they are suffering from some systemic disease. While it is true that all donated eyes may not be used for corneal transplantation, no eye goes waste. Eye which after evaluation are found unsuitable for transplantation for one reason or the other, are extremely useful for research.

Most people do not known how to donate their eyes. It is indeed very simple. Various agencies have established about 147 eye banks in different parts of the country. An eye bank is a place where the donated eyes are processed, evaluated, stored, and sent to surgeons who need them for corneal transplantation. whenever someone wishes to donate his or her eyes, that persons has to contact the nearest eyes bank and sign an eye donation from pledging to donate his eyes after death. That persons is issued a donor card, and he or she should communicate this decision to family members, friends, and the family physician.

Upon death, it is the duty of the family members to inform the eye bank immediately. The eyes bank person should be closed, and preferably, ice cubes wrapped in a piece of cloth placed over the eye lids. The eyes have to be removed within six hours of death. A team of doctor and technicain immediately reaches the spot, and after examining the death certificate and taking consent

from the next of kin, prepare for the removal of the eyes. The eyes are removed using aseptic techniques and in the presence of family members, if they so desire, taking care to cause minimal damage to adjacent tissues. artificial eyes are kept in place of the removed eyes so there is no disfigurement. The whole procedure takes less than half an hour.

Eyes are then kept in clear, sterile bottles. These are then kept in an icebox and transported to the eye bank. In the eye bank, eyes can be stored at 4°C for 48 hours. However, with the availability of corneal preservation solutions, corneas once removed can be stored for up to two weeks before they are transplanted.

The need of the hour is for everyone to understand and realise the importance of eye donation, and how this gift of sight that most of us can give, will transform the world of two people who will receive our eyes. There can be no greater service to humanity ! Important points to remember about eye donation :

- * Anybody can donate his/her eyes irrespective of age or eyesight.
- * Eyes can only be removed from a dead body.
- * Complete confidentiality is maintained about the donor and the recipient
- * Eyes cannot be sold or purchased.
- * No disfigurement is caused to the dead body.
- * Eyes have to be removed within six hours of death.
- * No eye goes waste.

- Dr. Aashish Kumar Bansal
Hyderabad.

Prevention of HIV Transmission & Aids

1 Universal Work Precautions :

To minimise risk of **Human Immuno Deficiency Virus (HIV) & Hepatitis B Virus (HBV) transmissions** all health care Workers (HCW' S) must adopt the following blood & body fluid precautions :

- A). Minimise splashing or the formation of droplets or aerosols
- B). Avoid accidental Wounds from sharp instruments contaminated with potentially infectious material ; avoid contact of open skin lesions with infectious materials.
- C). Wear laboratory coats / gowns (masks & protective eye shields if required) while Working With potentially infectious materials; these should be discarded appropriately before leaving the work place
- D). Wear gloves While handling blood specimens, blood soiled - items / fluids, excretions, secretions, surface materials, & objects exposed to them.
- E). Do not touch your eyes, nose, mouth or skin With glove hands Do not Walk a round the work place wearing

- gloves.
- F). Wash hands after removing gowns / coats, gloves also should be washed thoroughly & immediately if contaminated with blood.
 - G). If gloves are not available use towels or gauze soaked in sodium hypochlorite solution may be used to hold blood stained material or needles.
 - H). Label blood & other specimens suitably. Clean the outside of the container if contaminated with blood.
 - I). Place all blood specimens in a leak proof impervious box for transportation to the laboratory.
 - J). Use Mechanical pipetting devices for the manipulation of all liquids in the laboratory. Mouth pipetting should not be done.

Cotton wool plugged pipetting reduce the possibility of contaminating the pipetting aid.

Air should never be blown through a liquid containing infecting agent.

A discard pan for pipettes filled with water or suitable disinfectant (e.g. 1% sodium hypochlorite) should be kept at

hand. Contaminated pipettes should be completely immersed in this pan.

- K). Cover all blood or body fluid spills with cloth dusters or big gauze pieces, soaled with hypochlorite. Using gloves, the soaked duster can be discarded & the area further washed cean with 1% hypochorite.
- L). Decontaminate all labor -atory work surface with (sodium hypochlorite solution) on completion of work activities at the day.
- M). Use sterile / disposable syringges & needles. Auto - claving is an effctive way to achive sterilization.
- N). Prevent needle - stick injuries. Needles should be discarded in a puncture - resistant container immediately after

- Dr. C.M. Francis

HEALTH AMONG ALL OF US

Health is not everything. But without health, everything is nothing". Tragically, many of us only wake up to the importance of good health, once it is gone. Once the lung cancer has been diagnosed, then we expect the surgeon's knife to cure us. Once the heart attack has hit us... and we survived it... then we expect the miracles of modern medicine to restore us.

But all too often, health is not for sale. It is not some thing you purchase. Health is some thing what we do.

The advances in technological medicine over last 30 years have been spectacular: Microsurgery. Kidney dialysis, Implantable insulin pumps, balloon heart transplants, coronary bypass surgery, gene splitting and pharmaceutical inventions to remedy everything from headache to depression, from hair loss to typer activity ! Our genius for biomedicine and biotechnology promises even greater miracles around the corner... creating the bionic man and woman.

And yet, We are becoming increasingly aware of the limitations of "high tech" medicine when it comes to dealing with the fastest growing diseases i.e the degenerative dieases.

Modern medicine is virtually important in dealing with coronary heart disease, stroke, hypertension, diabetes, cancer and obesity. These emerging killer diseases are not easily tamed by drugs and surgery, if at all. These modern killer diseases are culturally conditioned and largely self induced. We create them ourselves by the way we live, particularly by the way we eat, drink, smoke, and exercise. The scientific data is saying more clearly everyday: "once

good sanitation and hygiene is assured, it is what we do, hour by hour, day by day, that largely determines the state of our health, whether we get sick, the disease we get, and perhaps even when we shall die".

In affluent societies our health is not somuch determined by the doctor's intellect or training or the size of the hospital but largely by our individual life styles, our physiological inheritance and our physical environment.

Good health is not just "absense of disease" but a positive sense of well being - physically, mentally and emotionally - with optimum energy and function. Such health is largely the result of what we are willing to do for our selves and how to choose to live, especially in the matter of eating, drinking, smoking, and exercise.

OVER WEIGHT - A SERVER PROBLEM

Overweight is becoming an ever enlarging concern of affluent indian society. Those in excess of 20% above their ideal weight are at serious medical risk. Their chances of having heart disease is three times greater than those of people of normal weight. They are five times more likely to develop diabetes, five times more likely to have higher than average cholesterol, six times more likely (especially women) to develop gal bladder disease. And they are more likely to develop cancer of the colon, rectum, prostate, breast, cervix, uterus and ovaries and to develop osteoarthritis and low back pain. To put it mildly, being twenty percent or more overweight is not healthy. Moreover our self image may also suffer. Obesity can be a great psychological burden.

Over weight occurs when food calories exceed the energy requirement of the body for physical activity and metabolism. We "burn up" food to produce heat and perform muscular activities. Weight stays the same if we completely utilize all our food for fuel & maintenance. But excess calories are stored as fat (triglycerides). It makes no difference whether they come from sugar, protein, starch, or fat. If the calories are not used, they will be deposited in our "fat bank".

If you cut your food intake by only 500 calories a day for seven days, at the end of the week you will have lost one pound of fat ! To effect such a negative energy balance, where you burn more calories than you take in you have three options.

- Option 1: Decrease food calories : maintain activity level.
- Option2: Maintain food calories : Increase activity level.
- Option 3: Decrease food calories : Increase activity level.

The most effective option is item 3. Which gives you a win - win situation. You take in fewer calories and burn more through exercise.

But the suggestable way to increase the amount of food we eat while decreasing calories! You can eat all you like of the right kind of nutritious foods, and still lose 1-2 pounds a week especially if you put your best foot forward and walk atleast 30 minutes every day.

How to eat more and weigh less

1. Let diets die ! Eat for health, and let the pounds take care of themselves.

2. Eat more natural foods, simply prepared !

- Freely use whole grain products, even pasta
 - Freely use tubers and legumes like potatoes yams, squash, beans
 - Freely use fresh fruits and vegetables (with low - calorie dressings)
 - Eat a substantial breakfast daily - idlies with chutney (Just keep the ghee off!) This will curb your appetite for hours, stabilize your blood sugar, emotion and nerves.
3. Avoid refined, processed food and snacks high in fat and sugar.
4. If you use animal products, use them sparingly,more like a condiment!

5. Drink plenty of water, 6 to 8 glasses a day. Try herb teas or just water. Keep the sweet carbonated drinks for special occasions.

6. Walk briskly every day. Begin with 5 to 10 minutes at a time and progress until you can do atleast 30 minutes without fatigue.

7. Picture yourself successful : tie into supportive and spiritual resources.

8. Beware of weak moments :

- If one cookie leads to ten, don't eat the first one.
- Don't buy problem foods. If they are not around, you wan't eat them.
- If you are bored, frustrated or lonely, don't snack; go for a walk, drink a glass of water, call a supportive friend, or "feast" as natural foods like chilled grapes, melon or some juicy carrot sticks.

FAT CONTENT OF SELECTED ANIMAL PRODUCTS

Animal Product / Other Foods	Fat Content (% of total calories)
Steak	65 - 80
Lamb	75
Ham	80
Bacon	85
Hot dog	85
Whole milk	50
Cheeses Processed	60-85
Cream : Cheese	90
Cheese : Cottage	36
Beef, Pork	65-83
Ice Cream	55
Chicken	15-40
Fish	15-40
Vegetables	1-5
Fruits	1-5
Tubers	1-10
Legumes	5-10
Grains	5-15
Skimmed Milk	2
Soya been	40
Meat Analogs	50-80
Chocolate Candy	50-60
Nuts	75-90

Sugar Content of Selected Food Itemd :

Food	Size/Position	Tea Spoons of Sugar
Cola Drinks, Soft Drinks	12OZ	8-11
Jams		
Marinalade Jams	2 tbsp	10
Candies		
Hard Candy	4OZ	20
Chocolate Milk bar	3OZ	5
Fudge	2OZ	9
Fruit anc Canned Juices		
Raisins	1/2 Cup	4
Fruit cock Tail (Commercial)	1/2 Cup	10
Orange Juice (Un Sweetened)	1 Cup	4
Grape Juice (Commercial)	1 Cup	7
Breads, Cakes,Cookies		
Hamburger Bun	1	3
Chocolate Cake	1 (80 Z)	15
Chocolate Cookies	4	6
Donut (glazed)	1	6
Dairy Products		
Ice Cream	1 Cup	6-8
Ice Cream Cone, empty	1 triple	10
Chocolate milk	1 cup	8
Pies and Paddings		
Jelly	1 cup	9
Pies andCakes	1 slice	9
Puddings . Chocolate	1 cup	8 - 10

HEIGHT & WEIGHT

A Simple formula to determine your "ideal" weight

Men : Height in inches x 3.5 pounds minus 108

Women : Height in inches x 4.0 pounds minus 128

(Large - boned adults add 8 percent : small boned adults subtract 4 percent)

Ideal Weights according to Frame

Men of age 25 years and older

Height (without shoes)	Weight in LBS		
	Small	Medium	Large
5' 2"	115-123	121-23	129-144
5' 4"	121-129	127-139	135-152
5' 6"	128-137	134-147	142-161
5' 8"	136-145	142-156	151-170
5' 10"	144-154	150-165	159-179
6' 0"	152-162	158-175	168-189
6' 2"	160-171	167-185	178-199
6' 4"	168-179	177-195	187-209
4' 10"	96-104	101-113	109-125
5' 0"	102-110	107-119	115-131
5' 2"	108-116	113-126	121-138
5' 4"	114-123	120-135	129-146
5' 6"	122-131	128-143	137-154
5' 8"	130-140	136-151	145-163
5' 10"	138-148	144-159	153-173

COMMON MEASUREMENT EQUIVALENTS

1 Table Spoon (tbsp)	-	3 tea spoons (tsp.)
1/8 cup (1 fluid ounce)	-	2 table spoons
1/4 cup	-	4 table spoons
1/3 cup	-	5 1/3 table spoons
1/2 cup	-	10 2/3 table spoons
2/3 cup	-	12 table spoons
1 cup (8 fluid ounces)	-	16 table spoons
1 pint	-	2 cups
1 quart	-	2 pint (4 cups)
1 gallon	-	4 quarts
1 pound	-	16 ounces
1 kilogram	-	2.2 pounds
1 litre	-	1 quart
1 ounce	-	20 grams

CHOLESTEROL - The big one

Cholesterol - is both the hero and the villain. While we cannot live without it, in excessive amounts it becomes serious threat and often an outright killer.

The cholesterol level is the single most important factor in determining one's risk of developing cardiovascular disease. A person with a blood cholesterol level of 260mg% is four times more likely to have a fatal heart attack than a person with 200mg% or less. In other words an increase of 60 points in one's blood cholesterol level increases the risk of dying of heart disease by 400 percent! This does not mean that a blood cholesterol level of 200 mg% is healthy. It is not.

The ideal blood cholesterol level is not to exceed 160 mg%. Anything above 160mg% carries risks. Risk of coronary heart disease with respect in cholesterol levels.

Risk	Blood levels (mg%) for cholesterol
Ideal	160
Elevated	161-180
High	181-220
Very High	221-260
Dangerous	above 260

If we lower the cholesterol level to below 150 mg% we would probably wipe out heart disease.

CHOLESTEROL CONTROL

Cholesterol is found only in foods of animal origin, such as meat, fish, poultry, eggs and dairy items. The highest concentration exists in internal organs, egg yolk and shell fish. Plant products do not contain any cholesterol. The amount of cholesterol in breads, desserts and combination foods depends upon the amount of milk, eggs and dairy products used in the recipe. In addition to containing cholesterol, foods of animal origin are also high in saturated fats, as are palm and coconut oil, which eminently raise the body's cholesterol production by the liver.

It is recommended that we choose a diet low in total fat. Saturated fat, especially, should be avoided. Cholesterol intake recommendations should be consistent with the level of serum cholesterol levels in our blood. To accomplish these ideal levels of serum cholesterol, it is important to keep the dietary cholesterol intake ideally below 100 mg/day.

CHOLESTEROL CONTENT OF SELECTED FOODS (IN mg)
MEAT AND POULTRY

Beef, Park, Chicken	-	5 OZ	-	135
Liver	-	3 OZ	-	370

Fish And Seafood

Crabs, Lobsters, shrimp-		1 cup	-	120
salmon	-	5 OZ	-	80
Sandines	-	5 OZ	-	80

Eggs

Egg	-	1	-	250
Egg White	-	1	-	0

Dairy Products

Skimmed Milk & Whole

Milk	-	1 Cup	-	5
Whole Milk	-	1 Cup	-	34
condensed milk	-	1 Cup	-	14
Ice creams	-	1 Cup	-	110
Cottage cheese	-	1 Cup	-	20

Desserts

Custard, Baked	-	1 Cup	-	280
Sponge Cake	-	1 slice	-	165

Fats, Oils, Spreads

Bacon	-	4 Sl.	-	80
Ghee	-	1 tbsp.	-	45
Butter	-	1 tbsp.	-	35
Mayonnaise	-	1 tbsp.	-	10

How to Lower Your Blood Cholesterol

1. **Severely Limit Cholesterol :** Avoid all animal products such as meat, Sausages, egg yolks, liver, dairy products (unless they are low or non-fat products) if you use fish and fowl. Use them sparingly.
2. **Substantially reduce all saturated fats :** Avoid saturated fats, which are mainly found in animal products, (such as meats & Ghee) and in palm and coconut oil.
3. **Get down to your ideal weight :** Avoid highly refined, empty calorie foods, low in fiber. This includes the refined fats and oils, sugar and alcohol. Use nuts only sparingly.
4. **Eat plenty of unrefined starchy foods, fresh fruits and vegetables :** Eat all you want of the unrefined whole grain products, of legumes and of fresh vegetables and fruits. And enjoy those potatoes, yams and sweet potatoes! these foods not only satisfy, but are also rich in fiber.
5. **Walk daily :** A regular exercise program can further help in lowering your blood cholesterol some what. At the same time it may improve your HDL portion your cholesterol which appears protective.
6. **See your physician :** Your Physician is in a position to rule out any unusual causes of high cholesterol levels. Your physician can prescribe cholesterol lowering drugs, if the life style approach needs to be complemented. But remember : The safest way to reduce your blood cholesterol is through dietary means.

ATHEROSCLEROSIS : The silent killer

Kindergarten we learn that pain is a warning that something is wrong in our body, and we grow up heeding these warnings. Unfortunately, the first sign that something is wrong with our arteries is often sudden death. The trouble usually begins in childhood, and it usually develops slowly over the years, sometimes taking fifty years to make itself known, sometimes less !

The trouble is atherosclerosis, hardening of the arteries, the underlying cause of most cardiovascular disease.

You were born with clean, flexible arteries, and they should stay way until you die of that rare disease called old age. However, the arteries in many affluent Indians are clogging up with cholesterol, fats and calcium a concoction that hardness in time and finally chokes arteries completely. Deprived of oxygenated blood, the heart has an attack, the brain has a stroke and the victim has a bypass, or physical therapy or all too often, there is no warning !

The storage of oxygen (hypoxia) due to atherosclerosis is the cause of various hypoxic diseases affecting the circulatory system in different critical areas.

Angina Pectoris :

The flow of oxygenated blood to the heart muscle itself is impeded or temporarily blocked, causing pain in the chest, in the left arm or between the shoulder blades.

Myocardial Infarction :

A part of the heart muscle becomes starved for oxygen and dies.

- Intermittent claudication : Restricted flow of oxygenated blood to the leg muscles causes acute pain and cramps, until the person stops his activity and the blood begins to flow again through the narrowed femoral arteries.
- Gangrene : Body tissue, usually in the toes and feet, decays and dies due to lack of blood usually necessitating amputation.
- Impotence : The inability to deliver adequate blood to the organ on demand and on sustained basis. In 50 to 60 percent of the cases, atherosclerosis is underlying cause.
- Hypertension : Greater force is necessary to push blood through narrowed vessels to supply body oxygen needs, hence high blood pressure.
- Cerebral Infarctin (stroke) : Brittle, narrowed arteries in or leading to the brain rupture or plug up, causing paralysis or sudden death.

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Senility :	An inadequate supply of oxygen to vital brain tissue is believed to cause this debilitating disorder in 40 to 50 percent of the cases.
Hearing Loss :	Loss of hearing, especially in the high frequency range, may be caused by atherosclerosis.
Visual Loss :	Tunnel vision and retinal detachment are processes associated with inadequate blood flow.
Cancer :	Some of the common cancers may be related to inadequate oxygenation of vital tissues due to atherosclerosis. It is intriguing that cancers of the breast, prostate and colon are mainly found in societies affiliated with cardiovascular disease.

The disease usually begins to develop in the pre-teen years in our society, and most attacks occur before the age of sixty - five. Every year hundreds of thousands of people die of heart attacks and other hypoxic diseases without a murmur of protest from the public, the press, or government agencies. Such a rash killing by any other means would mobilize the country ! Atherosclerosis is not a natural ! way to go ; it is not the inevitable result of the aging process. Large population in the world are unaffected by it. It is those of us who consume

large amounts of cholesterol and excessive fats, especially animal fats, that are targets for the "silent killer".

Atherosclerosis, once thought to be a degenerative disorder, is a progressive narrowing of the arteries throughout the body, which is fed by rich diets, high in cholesterol and fats and aggravated by smoking and high blood pressure. Cholesterol, fats and other materials accumulate in the arterial wall forming plaques, which in due time can disrupt and interrupt vital blood flow.

Atherosclerotic Sites

Atherosclerotic plaques most commonly involve the coronary, carotid and cerebral arteries affecting blood flow and oxygen delivery to the heart muscle and to brain structures. Plaques can also interfere with proper bloodflow to the kidneys and the legs by affecting the renal and femoral arteries.

SOLUTION

Ultimate solutions will not be found in the present medical care system or in ministrations of doctors during and after an attack. Only you can slow down the atherosclerosis process, stop it and reverse its effects! In addition a most recent study demonstrated that heart disease patients with significant arterial narrowing were able to reverse their atherosclerosis. As their average blood cholesterol levels had dropped 40%, their narrowed arteries had widened by 15% at the end of the one year intervention project. How did they do it? They cut way back on their fat intake, followed a vegetarian diet with lots of pulses., Unrefined cereals, fresh fruits, vegetables and practiced yoga.

DIABETES : Disease of affluence

Diabetes occurs when the body becomes unable to handle glucose (sugar), and it piles up to dangerous levels in the blood. This can lead to

- | | |
|-----------------------------------|--|
| Blindness | Diabetes is the leading cause of new blindness |
| Kidney Damage | Diabetes increases the risk of serious kidney damage by 18 times. |
| Atherosclerosis
(Heart Attack) | Diabetes doubles the risk of heart disease and stroke, Promotes impotence, hearing impairment and is a major cause of foot and leg amputation (gangrene) |
| | Diabetes is almost exclusively found in affluent societies and the affluent class of developing countries. |

Cause of Diabetes

Insulin, a pancreatic hormone, a kind of chemical messenger enables glucose or blood sugar to enter the cells of the body where it can do some good. Without insulin, or if the insulin is unable to perform its job, the cells can not get at the needed glucose. The cells then starve while the glucose piles up in the blood, spills over into the urine and the person

becomes diabetic. This then can cause fatigue, lethargy, confusion, coma and sometimes death.

But why are cells starving amidst plenty ? what hinders the insulin from doing its vital job of opening the cellular doors", so that the glucose fuel can enter and nourish the cells ?

The problem in adult onset diabetes is usually not a defective pancreas, at least not initially, but a cellular insensitivity and resistance that relates to obesity and especially to an excessive fat intake. Recent studies show that fat can make cells less sensitive to the insulin, so that the glucose in the blood stream builds up.

Conversely, a low fat more natural diet (and the resultant weight loss). Will cause the cells to be more responsive to insulin, so that the waiting glucose can be accepted into the cell and used as it was meant to be "on a very low fat diet the endogenous insulin (the insulin produced by the patient's own body) begins to exert its curative effect within days, and most patients can be stabilized on such a diet plan alone, and some patients are totally cured". Besides, "Ninety- five percent of adult-onset diabetics on oral drugs could be off such drugs in less than eight weeks, and 50 to 75 percent could normalize their blood sugar and get off all insulin within weeks"

Recommendation

At this point in history, the type II adult onset diabetic clearly has a choice : Continued diabetes, insulin injections, oral drugs with their side effects, and continued dependence on the medical systems - or, freedom from disease and drugs

through the incorporation of a daily walking program and a healthy, simplified diet, which will also facilitate in weight control.

How to beat Diabetes

1. Eat more natural fiber - rich foods, simply prepared low in fats and grease and sugar. Freely use whole grain products, potatoes and pulses, solads and vegetables, and eat a substantial breakfast dairly - to curb your appetite for hours and stabilize your blood sugar.
2. Use fresh whole fruits, but not mroe than three servings a day.
3. Avoid refined and processed foods that are usually high in fat and sugar. Leave jaggery and sweet drinks alone.
4. Avoid fats oils and grease. If you use animal products, use them lean and very sparingly, more like a condiments and watch the fats and the ghee
5. Walk briskly daily. Two 30 minute walks everyday are ideal to help burn up the sugar in your blood.
6. Work with a physician experienced inthe effects of dietary therapy to monitor and adjust your drug needs.

Hypertension : The misunderstood disease

Hypeertension has nothing to do with nerves, although it is nerve - racking. It does not mean "hyper" or tense. Hypertension is simply another world for high Blood Pressure and it can kill you".

People with high blood pressure are three times more likely to have a heart attack, five times more likely to suffer a stroke than are people with normal blood pressure. Hypertension is not a respector of age, creed or colour but it is more common among people over 40. While hypertension is uncommon in 80% of the world's population, it is commonly found in affluent society.

What it is

It takes a certain amount of pressure to push two ounces of fresh, oxygenated blood per heart beat through the 100,000 kilometers of blood vessels in your body. Each time your heart contracts (about once every second), blood pressure (BP) in our arteries increases. Each time your heart relaxes between contractions, the pressure decreases. So, you have two blood pressure measurements, the higher (Systolic BP) during contraction and the "lower" (diastolic BP) between contractions.

When you are born, the walls of your arteries are flexible, elastic and muscular. They can easily handle the ebb and flow of normal blood pressure. Young children start the day with blood pressure of 80/40 or 90/50. In many populations that youthful pressure seldom goes above 110/70 even in people who are over 70 themselves.

The national Institution of Health of the U.S. define hypertension as any systolic pressure at or above 140 and any diastolic pressure at or above 90. And every ten points above a systolic pressure of 140 increases the risk of heart disease or stroke by thirty per cent.

Generally Speaking, the lower your blood pressure the better of you are

What cause it

Between five and ten percent of hypertension is caused by kidney disease, atherosclerosis in the kidney arteries overactive adrenal glands or adrenal gland tumors. But in at least ninety percent of the cases the precise cause is obscure, and patients are said to have essential hypertension.

There are four very definite and understandable contributing factors :

1. Salt : Salt (actually sodium chloride) is absolutely vital to life, we need only 500 mg (1/10 tea spoon) a day to stay in good health. by the time we are adults, many people are consuming 10 to 20 grams of salt a day, twenty to forty times amount we need and about 10 times more than our kidneys are designed to handle!

If we could cut our salt intake to 5 grams a day (one tea spoonful) we could solve one of our biggest health problems.

2. Arterial Plaque : There is a war going on in us now. Plaque has infiltrated our blood supply lines, fat and cholesterol have become attached to the walls of our arteries and begun to harden. As the plaque build up restricting the free flow of blood through the arteries our blood pressure goes up in trying to get food to the body. Blood pressure is always trying to help us, but if the "lines" get to narrow and the pressure gets too high we could lose the war. Getting the too narrow and the pressure gets too high we could lose the war. Getting

the excess fat and cholesterol out of our diets and our arteries would be major step towards running the war.

3. Obesity : Over weight also directly contributes to high blood pressure. Fat has to be fed too and every pound of fat requires thousands of extra blood vessels. It takes higher blood pressures to get blood through them. Understandably, obese people are five times more likely to have hypertension. Nearly everyone who is 20 percent or more overweight will eventually experience high blood pressure. It is just a matter of time. Many people have normalized their blood pressure by shedding excess weight.

4. Estrogen : An added danger to women is estrogen, a hormone used in birth control pills estrogen is a salt retainer and will ultimately cause high blood pressure in most women.

But high blood pressure can be stopped. It is not invincible.

What can be done ?

Major studies have shown that patients do not have to stay on drugs for life to control their high blood pressure, if they change their diet. The key for many is to reduce their excess weight and to reduce their salt intake of five grams or less day.

But it is salt, Salt, Salt every where !!!

Though we all recognize that some foods are high in salt like pickles, papads and chips, amazing amounts of salt are hidden in processed foods. You may not recognize the salt because it is often measured by other flavours. Condiments,

such as soy sauce and ketchup are full of salt. Almost all commercially canned vegetables are soup, or salt mines

There are myraids of invisible sources of salt, including food preservatives and flavour enhancers like monosodium glutamate (MSG), baking soda and sodium benzomate ham, sausages, bacon and even vegetarian meat substitutes made from soyabean are usually loaded with salt dietary products, especially pasteurised foods and cheese are extremely salty.

Natural foods are low in salt (actually sodium) and high in potassium, which help control blood pressure but processed foods are low potassium and sky high in salt.

Salt Content of Foods and Condiments

Food / Condiment	Amount	Salt (mg)
French Fries	1 Regular serving	250
Vanilla snake	1	500
Apple Pie	1 Slice	900
Cheese burger (fast food)	1	2000
Ketchup	3 tsp	1100
Soy Sause	2 tsp	5000
salt	1 tsp	5000

What food processing does - hidden salt

Food (natural state)	Salt (mg)
Apple (1 Fresh)	5
Potato (1 fresh, 50Z)	20
Tomato (1 fresh)	35
Milk (1 cup)	300

Food (Commercial Processed)	Salg (mg)
Apple Pie (1 slice)	900
Potato Chips (50 Z bag)	3500
Tomatosause (1/2 cup)	1950
Past cheese (2 slices)	2050

SODIUM CONTENT OF SELECTED FOODS

Food	Size Portion	Sodium
		(mg)
Milk	1 cup	120
Butter Milk	1 cup	280
Cottage cheese	1/2 cup	470
Pasteurized Cheese	2 slices	800
ham	10 Z	265
Salami	10 Z	300
Veg. luncheon "meats"	10 Z	375
Bacon	3 slices	630
Corn Flasks	1 cup	400
Potato Chips	15-2"	300
Tomato Juice	1 cup	500
Ketchup	3 tbsp	565
Tomato sause	1/2 cup	830
Soy sause	1 tsp	1000
salt	1 tsp	2200

(The daily sodium intake should not exceed 2000mg = 5000 mg of salt)

How to lower your blood pressure

1. Substantially lower salt intake
2. Avoid processed and fast foods high in fat and salt
3. Avoid empty calories such as fats, oils and sugar
4. If you eat animal products like cheese and meat, learn to use them sparingly
5. Lose excess weight, reduce alcohol consumption
6. Eat plenty of natural foods, simply prepared low in fats and salt but usually high in potassium freely use whole grain products potatoes and legumes, Salads and vegetables and don't forget the fruits !
7. Walk briskly daily. Progress to 30 to 60 minutes daily.

8. If you are using blood pressure medications, ask your doctor to help you incorporate diet therapy and appropriate life style changes into your program. Your doctor can give you careful supervisions in adjusting your drug dosage - as you eat and exercise your way out of hypertension.

GOOD SOURCES OF SELECTED NUTRIENTS.

NUTRIENT GOOD VEGETARIAN SOURCES

Vitamin A	Milk and Milk products. Dark green and yellow Vegetables, such as all green leafy vegetables, beans, yellow pumpkin, Carrots, Tomatoes, Yellow Fruits like Mango, Papaya.
Vitamin B	Whole grain Cereals, Green leafy Vegetables, Milk, Legumes, Potatoes, Peas, Beans, Yeast.

Vitamin C	Fruits : Lemons, Oranges, Grape Fruit, Strawberries. Vegetables : Potatoes, raw cabbage, Tomatoes.
Vitamin D	Direct sun shine, butter.
Iron	Legumes, Whole grain cereals and bread, Green leafy vegetables, Dried fruits like apricots, figs and brown rice.
Calcium	Green leafy Vegetables, whole grain cereals, especially ragi and citrus fruits, skimmed milk and milk products.

FIBER FOODS

Fiber is the indigestible part of vegetables, fruits and grains, Which provides bulk to the food and thus plays a vital part in facilitating proper bowel function. Studies have shown that fiber rich diets help in diabetes in that they stabilize blood sugar levels : they lower blood cholesterol levels and are associated with lower rates of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Studies have shown that 80% of haemorrhoidal surgeries could be avoided, if patients would increase their fiber intake.

From where do we get Fiber ?

Almost all the fiber comes from natural, unrefined, unprocessed food such as fruits, vegetables, legumes and whole grain products. Fiber is lost when food is processed and refined as in pasta, rice, bread, maida, which are low in

fiber. Dairy products, eggs and meat have no dietary fiber no matter how tough and fibrous it may appear.

GOOD SOURCES OF FIBER

Fruits	Apples, Bananas, berries, oranges, dried figs, pears, dates, apricots, mealons, mangoes.
Vegetables	Peas, potatoes, sweet potatoes, beetroots, all green leafy vegetables, beans, carrots etc.
Legumes	Dried whole pulses like rajma, whole mung and soyabean, sprouts.
Grains	Whole wheat, bajra, ragi, jowar oats, corn etc.

FOODS CONTAINING APPROX. 100 CALORIES.

CEREALS

Rice	1/2 cup
Chapaties	2
Bread	2 slices
Idlies	2
Dosas	2 small (without oil)
Noodles	1/2 cup
Ragiball	1 medium size

QUANTITY

PULSES

Thin dal	1 cup
Thick dal	1/2 cup

VEGETABLES

Green leafy or salad	1/2 cup
Vegetables	
Potatoes	2 small
Others	1/2 cup

FRUITS

	QUANTITY
Most fruits	1
Banana	1
Chikoo	1
Orange / Musambi	2

Egg/Meat/Poultry

Eggs	2 small
Keema	1/2 cup
Chicken breast	75 grams
Fish	75 grams
Lamb chops	50 gms.

Dairy Products

Milk whole	1/2 cup
Milk skimmed	1/2 cup
Curd	1/2 cup
Butter, Ghee	10 gms.
Paneer	4 table spoons

SWEETS

	QUANTITY
Sugar/Jaggery	2 table spoons
Soft drinks (aerated)	1 bottle
Pudding	1 small helping
Custard	1 cup
Rasagullas	2
Gulab Jamoon	2
Ice Cream	1 small helping

ALCOHOLIC BEVERAGE

Beer	1 Glass
Whisky or gin	45 ml.
Wine	100 ml. (1/2 glass)

NUTS

Fresh coconut	20gms.
Ground nuts, Walnuts	15 gms.

THE OPTIMAL DIET

Nature of food	Foods to use	Foods	Avoid / Restrict
Cereals	Use whole grains like		Restrict the use of refined wheat, rice, ragi, corn, grain products like maidacracked wheat, jowar, and maida product (white Oats, millet, barelybread)
Pulses and Oats	Use freely, espically		Soyabeen based meat in sprouted forms substitutes
Vegetables	Use freely, fresh as far		Avoid vegetables cooked for as possiblein a lot of oil and gravy.

Fruits	Use freely : fresh fruits	Canned fruits in syrup use sparingly : fruit drinks, dried fruits, because they are calorically concentrated
Dairy products	Skimmed milk and	Restrict use of cheese, ice butter milk and skimmed cream, Khoa, Condensed milk curdsmilk
Eggs	Egg white only small portions only :	Egg Yolk Meat if you insist use Park, Fatty meat, sausages, liver, bacon chicken without skin lean meat, fish
Fats	use minimally only :	All fats and oils, especially oil of gingelly, sunflower, ghee, butter, dalda, palm oil, corn, groundnut. The less coconut oil. Avoid fried foods the better !
Sugar products	Keep to a minimum	Restrict all sweets like The less the better halvas, jam, jelly, Cokes, Pastries, Soft drinks, Puddings, Chocolates
Miscellaneous	Drink plenty of water	Restrict use of tea and use nuts only very coffee. Avoid alcohol. Keep sparingly because of the use of salt to a minimumhigh fat and caloric content.



పొప్పుటెచీస్

గులంచి మీరు తెలుగుస్తేచోవేలసించి విమిటీ అంటే జాండిస్తు అటి త్రీధానీ కారీణం అని

ప్ర. పొప్పుటెచీస్ ఎ అంట ఏమిటి ?

జ. పొప్పుటెచీస్ ఎ అనేది కాలేయానికి వచ్చే ప్రబల వ్యాధి. అది పొప్పుటెచీస్ ఎ నైరాన్ వల్ల వచ్చే జబ్బు. ఈ నైరాన్ మలంలో విస్థించబడి ఛాకల్ ఓరల్రూట్ ద్వారా ప్రధానంగా ఇది వ్యాపిస్తుంది.

ప్ర. ఈ ఇన్సెఫ్క్షన్కు తోడ్డుడే మూల కారణాలు ఏవి?

జ. అవరిత్తు నీరు లేక ఆహారము. ముఖ్యంగా పచ్చివి మరియు అరకోర వుడికించిన ఆహారము, కుటుంబంలోగాని, స్క్యూల్స్లోనూ లేక పనిచేయుచేట ఈ వ్యాధి సోకిన వారితో కలసి అంటుకుతిరగడం వలన ఈ వ్యాధి ఇతరులకు సోకుతుంది.

ప్ర. పొప్పుటెచీస్ ఎ ఇన్సెఫ్క్షన్ ఎంతవరకు అపాయికరము ?

జ. ఈ ఇన్సెఫ్క్షన్ యొక్క తీక్షణక రోగి వయసును బట్టి వుంటుంది. వ్యాధి లక్షణాలు చిన్న పీళ్లలలో కంటే యొవన దశలోను మరియు యుక్తవయస్సు వారిలో ప్రధానంగా కనిపిస్తాయి. వ్యాధి లక్షణాలు 6 వారాలనుండి 3వెలల వరకు వుండి, ఈ సమయంలో సంఘార్థవిత్రాంతి అవసరమవుతుంది. హస్పిటల్లో చేరువలసిన అవసరముగూడ ఏర్పడవచ్చు. దీనివల్ల ఇతర సమస్యలు వుక్కన్నముకావు కాని అప్పుడుపుఱూ అలా జరుగవచ్చు. 20% రోగుల్లో ఈ వ్యాధి పరిగి ముమ్మిరించుటకు అవకాశమున్నదని గమనించడమైనది.

ప్ర. పొప్పుటెచీస్ ఎ యొక్క వ్యాధి లక్షణాలేమిటి?

జ. ఈ వ్యాధి లక్షణాలలో ముఖ్యంగా అసహాయు, డోరు, కళ్లు, చర్మము మరియు మూత్రము పచ్చగా మారడము (పచ్చ కామెర్సు), విరచనాలు, మలముయొక్క రంగు

పాలిబోవడము, కడుపులో నొప్పి, ఆయసము, బడలిక, జ్యోరము, చలి, ఆకలి సుదగించడము, గొంతువాపు మొదలగునవి.

ప్ర. హాప్టైలీన్ ఎ నుండి రక్తించుకోవడం ఎలా?

జ. ఈ వ్యాధి నుండి తప్పించుకోవడానికి అనుషరించవలసిన సరియైన మార్గము వ్యక్తిగతంగాను, సాంఖ్యికంగాను చక్కటి పరిపుఫ్రతను పాచించడము. ప్రస్తుతము ఈ వ్యాధినుండి దీర్ఘకాల రక్తాకు వార్షికేషన్ (సూది మందు) లభించుచున్నది.

ప్ర. నేను హాప్టైలీన్ ఏ అనేవి రెండు వార్షికేషన్ వేయించుకున్నాను, అప్పుడు నాకు హాప్టైలీన్ ఎ నుండి కూడ రక్తాకు లభిస్తుందా?

జ. లేదు హాప్టైలీన్ ఎ మరియు హాప్టైలీన్ ఏ అనేవి రెండు ఏధిన్న శైరసిల ద్వారా వ్యాపించే విధిన్న వ్యాధులు. హాప్టైలీన్ ఎ లాకాక, హాప్టైలీన్ ఏ లైంగిక సంబంధం వలన, తల్లినుండి అప్పుడే పుట్టిన విధ్యకు రాగల రక్తం ద్వారా వ్యాపించే శైరసిల. జాండిన్ (పచ్చ కామెర్లు) హాప్టైలీన్ ఎ మరియు హాప్టైలీన్ ఏ రెండించీకి ఏక వ్యాధి కారణంగా పరగటించబడుచున్నది.

ప్రజారోగ్య అవగాహన నిమిత్తము ప్రమరించినవారు :

కె. భావేంద్ర్ క్రీ

ఉపాధ్యక్షులు

వినేకభారతి

(స్వ్యచ్ఛంద సేవ సంస్థ)

1-8-75,

ఆర్.కె.నగరీ,

ఆల్యాల్,

సికింద్రాబాద్-10.

ఫోన్: (O) : 6320207, 6320208.

ఎయిడ్స్ అంతే...

పత్రికలు, లీటలు, రెడియాలు, కబోట్లు, బాసర్లు కరపల్లాలు ఇంకా అనంఖ్యాకమైన పలు ప్రదార సాధనాలు హోరెత్తిస్తూ ప్రజలను సైతంపంచులను చేయాలని చూస్తున్న ఏకైక అంశం... ఎయిడ్స్. అతి గమ్మతయిన విషయం ఏమిటంపే నిరక్షరసులైన గ్రామీణ ప్రాంత వాసులోగా నవనగరిక సమాజానికి ప్రతినిధిలుగా భావిస్తూ పాశ్చాత్యులను ప్రతి విషయంలోనూ అనుకరించే విద్యాధికులైన నగరజీవులు సైతం ఈ భయంకరమైన వ్యాధివట్ల సరైన అవగాహనసు పేంపాందించుకోవటంలో ఫోరంగా విఫలమవుతున్నారని చెప్పకప్పని విషాదకర పరిస్థితి నెలకొని ఉంది.

ఇంతకూ అనలు ఎయిడ్స్ అంతే...

కేవలం లైంగికపరమైన ఒక సుఖ వ్యాధిగా ఈ ఎయిడ్స్ వ్యాధిని అభివర్షించవచ్చు. (హెచ.ఐ.వి.) హ్యామెన్ ఇమ్యూన్ డెఫిచియెన్సి అనే వైరస్ ద్వారా ఈ వ్యాధి సంక్రమిస్తుందని మాంటాగ్స్‌ర్లీ అనే ప్రభ్యాతి ప్రైంచి శాప్రవెత్త 1983లో కనుగొని ప్రపంచ మానవాళిక మహామారం చేసాడు. ఎలిసా బెస్ట్ ద్వారా ఈ వ్యాధిని గుర్తించే ప్రక్రియ మరొక్క సంవత్సరానికి అంచే 1984లో రూపొందించారు.

కాగా వేళ్ళా సంపర్కం, చెడు తిడుగుట్ట వంటి కారణాలవలననే సుఖవ్యాధులు సంక్రమిస్తాయిన్నది జగధ్యాధితం. అయితే కేవలం ఈ కారణాలవల్లనే గాక, ఇంకా అనేక కారణాలవలన సంక్రమించి మానవాళిని నిర్మిర్యాపరచి, కబించగల మృత్యువుగా ఈ ఎయిడ్స్ వ్యాధిని పేర్కొనవచ్చును.

ప్రధానంగా ప్రక్కతి విఱుద్దమైన లైంగిక విన్యాసాలు, విచ్చులవిడి శృంగారాలు, సురక్షితమైన పుడ్డులు విడునాడి చేసే వేళ్ళా సంపర్కాలు ఎయిడ్స్ వ్యాధికి సిపాసమార్గాలన్నది నిర్మివాదాంశం. కేవలం ఈ అంశాలవట్ల జూగరూకత వహించినంత మాత్రాన ఎయిడ్స్ ని వారించగలమనుకోవటం దురాక్ష అవుతుంది.

ప్రక్కతి విఱుద్దమైన లైంగిక ప్రవృత్తులు అంపే తెస్సియున్, ఫోమోసెక్స్‌వెల్ వంటి స్వస్థాపి సంపర్కాలు ఖచ్చితంగా ఎయిడ్స్ వ్యాధికి మూల కారణాలవుతాయి. ఈ విధమైన లైంగిక ప్రమాత్మలను స్వేచ్ఛి పలరటం అనివార్యం.

ಇಕ ವೇತ್ಯಾ ಸಂಪರ್ಕಂ ಸರ್ವದಾ ಅನಶ್ಚಾಯುಕ್ತಮನಿ ಗುರ್ತಿಂಚಟಂ ಶೈಯಸ್ವರಂ. ತಪ್ಪನಿ ಪರಿಸ್ಥಿತುಲ್ಲಿ ಮಾನವ ಸಹಜಪ್ರೇನ ಬಲಹೀನತಲನು ಅಥಿಗಮಿಂಚಲೆನಿ ಪರಿಸ್ಥಿತುಲುದ್ವಿವ್ಯೋ... ಮಾರ್ಪಾಟುಲ್ಲಿ ಲಭಿಂಚೆ ನಾಣ್ಯಪ್ರೇನ ಕಂಡೊಮುಲನು ವಾಡಟಂ ತಪ್ಪನಿವರಿ. ಕೇವಲಂ ಕಂಡೊಮುಲು ವಾಡಿನಂತ ಮಾತ್ರಾನ ಎಯಿಟ್ಟಿ ಬಾರಿನ ಪಡಮನೆ ಗ್ರಾರಂದಿ ಏಮಿಲೆಡು. ಕಂಡೊಮುಲನು ತಡಿಗೆಹಷ್ಟುಡು ಶೆದಾ ಸಂಭೋಗ ಸಮಯಂಲ್ಲಿನಾ ಕಂಡೊಮು ಚಿರಿಗೆ ಅವಕಾಶಂ ಶೆಕಪಿಲೆಡು. ಅಲಾಂತೆ ವಿನತ್ತು ಸಂಭವಿಂಚಕುಂಡ ಮುಂದುಜಾಗ್ರತ್ತ ವರ್ಷಿಂಚದಂ ಮಂದಿಂದಿ. ಎಲಾಗಂಬೆ ಒಕ ಕಂಡೊಮುನು ಜಾಗ್ರತ್ತಗಾ ಲಿಂಗಾನಿಕಿ ತಡಿಗಿನ ಅನಂತರಂ ಅದನಂಬಾ ಮರೆಕ ಕಂಡೊಮುನು ಜಾಗ್ರತ್ತಾ ಶೆಡಾಲಿ. ಇಲಾ ಚೆಯಡಂ ವಲನ ಎಯಿಟ್ಟಿಬಾರಿನ ಪಡಕುಂಡ ರಕ್ಖಣ ಪ್ರಾಂದೆ ಅವಕಾಶಂ ಉಂದಿ.

ಪ್ರಕೃತಿ ವಿರುಧಪ್ರೇನ ಶೈಂಗಿಕದರ್ಯಲಕು ಪ್ರಾಲುಡರುಂಡಾ, ವೇತ್ಯಾಸಂಪರ್ಕಂ ಶೆಕುಂಡ ಗಾರವಪ್ರದ್ವೈನ ಜೀವನಂ ಗಡುಪುತುಸ್ವ ವಾರು ಸೈರಂ ಈ ಎಯಿಟ್ಟಿ ಬಾರಿನ ಪಡಟಂ ಗಮನಾರ್ಥಂ. ಸೈರಿತ್ತೆನೆ ಚೆಯನಿ ಸಿರಂಜೆಲ ದ್ಯಾರಾ ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಗ್ರಸ್ತಮು ಇಂಜಕ್ಕನ ಚೆಯಿಂಮುಕುನಿ, ಅದೆ ಸಿರಂಜಿ ದ್ಯಾರಾ ಮರೆ ಅರೆಗ್ರ್ಯವಂತುಡು ಇಂಜಕ್ಕನ ಚೆಯಿಂಮುಕುಂಬೆ ದಾಲು. ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿ ಸಂಕ್ರಮಿಂಬಿನಷ್ಟೇ. ಅಲಾಗೆ ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಕ ಗುರ್ತಿನ ವ್ಯಕ್ತಿ ಪ್ರೇಮಿಂಗೆ ಚೆನುಕುಸ್ವ ಭಾರ್ಗವ ಪೊಪುಲ್ ಅರೆಗ್ರ್ಯವಂತುಡೈನ ವ್ಯಕ್ತಿ ಪ್ರೇಮಿಂಗೆ ಚೆನುಕುನ್ನಾಢಾಲು. ಇಕ ವ್ಯಾಧಿ ಸಂಕ್ರಮಿಂಬಿನಷ್ಟೇ. ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿ ಸೆಕಿನ ವ್ಯಕ್ತಿ, ಆ ವಿಷಯಂ ತೆಲಿಯುಕ ಮರೆ ವ್ಯಕ್ತಿ ಸೈರೆನ ವರ್ತಿತ್ವಶೇವ ಚೆಯಿಂಚಕುಂಡಾನೆ ರಕ್ತನ್ನಿಂದಾನಂ ಚೆನ್ನೈ ತದ್ಯಾರಾ ಸೈರಂ ಈ ವ್ಯಾಧಿ ವ್ಯಾಪಿಸ್ತುಂದಿ. ವ್ಯಾಧಿ ಸೆಕಿನ ವ್ಯಕ್ತಿತ್ವ ದಾಂಪತ್ಯಸುಖಂ ಅನುಭವಿಂಚಿನ ಗ್ರೀಕಿ, ಅಮೆ ಗರ್ಜಂಡಾಲಿಸ್ತೇ. ಪುಷ್ಟಿಭೋಯೆ ವಿಧ್ಯಕು ಸೈರಂ ಈ ವ್ಯಾಧಿ ವ್ಯಾಪಿಸ್ತುಂದಿ.

ಇನ್ನಿ ವಿಧಾಲುಗ ವ್ಯಾಪಿಸ್ತುಂದಿ ಗನಕೆ ಈ ವ್ಯಾಧಿ ಪಣ್ಣ ಪ್ರವಿಂಚಮಾನವಾದಿ ಭಯಾಂದೊಳಿನಲಕು ಗುರುವುತ್ತೆಂದಿ. ಮರೆ ಆಕ್ರಮ್ಯಕರಪ್ರೇನ ವಿಷಯಂ ಏಮಿಕುಂಬೆ ಇತರ ವ್ಯಾಧುಲಾಗಾ ಈ ವ್ಯಾಧಿ ಲಕ್ಷಣಾಲು ಅಂತ ತ್ಯರಗಾ ಬಯಟಪಡೆವು ದಿಂತೆ ತನಕುಸ್ವ ಜಾಣ್ಣ ಗುರಿಂಬಿ ಏಮಾತಂ ಶರೀವ ವ್ಯಕ್ತಿ ತನಕೆಪಾಟು ಮರಿಂತ ಮಂದಿನಿ ಇವ್ಯಾಪಿಸ್ತುಲನು ಚೆನ್ನಾಗುಂದು. ದಾದಾಷು ಏಡೆಳ್ಳಿಯಾ ವ್ಯಾಧಿ ಲಕ್ಷಣಾಲು ಬಯಟಪಡನಿ ರೆಗುಲು ಸೈರಂ ಈನ್ನಾರಂಬ ಸಮ್ಮಾನಕ್ಕೂ ಶಾದು. ಕಾನಿ ಇದಿ ಯದಾರ್ಥಂ.

ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಕಿ ಚಿಕಿತ್ಸೆಲೆಡು.

ವಿಧಾರಣೆ ಹರಣ್ಣಂ.

ತಸ್ಮೀತ ಜಾರ್ತತ್.

- K. ಮಂತರ್

ఆరోగ్య జీవనాసకై సేరిపోనెం

'యోగా'

ప్రపంచ వ్యాప్తంగా జ్ఞానులు అందుకుంటున్న సాశన భరతియ సంపదగా 'యోగా'ను అఖివర్షించటం ఏ మాత్రం అతిశయ్యాక్రికాదు. వెలితలలు చేస్తున్న సహవాగిక వ్యవస్థ, వ్యాయాహలు, విషులవిడిగా అందుబాటులో ఉంటున్న మాధకద్రవ్యాల వినియోగం, అస్థిల సాహిత్యం, యువతను పెదారి పట్టిస్తున్న విషులవిడి లైంగిక వివ్యాసాలు, పొంచిఉన్న ఉద్రవాదం, అసాంఖ్యిక శక్తుల విజుంభక, విలయశాంధవం చేస్తున్న కరువు, దుర్మిక్తం, చేజారుతున్న నిరుద్యోగం, నిర్మలాస్యతలు ప్రపంచవ్యాప్తంగా ప్రజల మనుగడకు పేను సాటుగా పరిణమించాయి.

ఈ నేపథ్యంలో మానసిక, శారీరక సమతల్యానికి, అరోగ్యానికి మహాత్మాను ఒక బెముదం అయివనరంగా వరిచిమించటం అనివార్యమయ్యాంది. ఈ జాధ్వాలన్నింటికి ఏకైక ప్రశ్నామృయంగా 'యోగవిద్య' కీలక పాతను నిర్వహించటం ఆహ్వానించదగ్గ పరిచామం. శరీరానికి సమన్వయికర్తృగా వ్యవహరిస్తుంది యోగవిద్య.

సహజంగానే మన శరీరం అత్యంత శక్తివంతమైన యంత్రమాహమని చెప్పవచ్చును. రక్తప్రసరణ, హృదయసుందరమిల్సి మనిషి అరోగ్య, అనారోగ్యాలను ప్రభావితం చేస్తాయి. ఈ రెండు త్రుక్కియలను నియంత్రించి జ్ఞావక శక్తిని, గ్రహశక్తిని, ధారణ శక్తిని పెంపాందిపచేసి మనిషిని పరిశ్రాంత అరోగ్యవంతునిగా, దీర్ఘయువుగా చేయగలశక్తి ఒక్క యోగవిద్యకే ఉండటం గమనార్థం.

మాలికమైన కొన్ని నియమాలను పాటిస్తూ యోగవిద్యను సుశిక్షితులైన ఆచార్యులవద్ద అభ్యసించి ఆచరిస్తే కలిగే సత్కరితాలు అధ్యితీయం. శ్యాస, నిశ్యాసాలే మనిషి జీవితానికి అత్యంత కీలకమైనవి. కాగా ఈ శ్యాస నిశ్యాసలను ఒక క్రమపద్ధతిలో ఆచరిస్తే గణనీయమైన, శాప్తియమైన మార్పులను, తద్వారా అరోగ్యపథంలో ప్రగతిని సాధించవచ్చు. శారీరక, మానసిక ప్రశాంతతను, అరోగ్యాన్ని సాధించే దిశగా చేసే విధి 'యోగ' త్రుక్కియలను మనం 'యోగాసాలనే పురుతు' వ్యవహరిస్తున్నాం. దేహివ్యమానమైన ముఖవర్గము, తేజము, దీర్ఘమైన ఆయుషు, అరోగ్యప్రదమైన జీవనాన్ని ప్రసాదించే అద్భుతమైన దైవిక సంపదగా యోగవిద్యను సాశన ప్రొందచేతిపాలు ఉధోషిస్తున్నాయి. అశ్వదకరమైన మానసిక అనందాన్ని, చురుకైన వ్యవహర సరళిని అందించటంలో యోగవిద్యను మించింది లేదు.

మాగాదార్యలవద్ద ఒక్కసారి అభ్యసింపది అనుంతరం ఔన్సా ఖర్జుపెరుపడా ప్రతి ఒక్కరు నాగవిద్యను తమ ఇంటి వద్దనే అభ్యసించవచ్చు.

ఇన్ని అయ్యుతమైన ఫలితాలను సాధించగల ఈ మాగాచ్చు మీ జీవితాన్ని ప్రశ్నగతిలో పరువినింపబేయాలంపే ఖచ్చితంగా కొన్నియిమాలను పాలేచితిచాలి. కొన్ని నిబంధనలను ఉట్టింపించరాదు. ప్రశాంతమైన వాతావరణంలో, రణగాం భ్యసులలు చూరచగా స్నానమావరించి 'మాగ' చేయటం నర్సోత్తమ ఫలితాలను సాధించటానికి సులువైన దారి అని అనుభవభ్యాలైన యాగా దార్యల అభిప్రాయం. పంట పొలాలు, సెలమీళ్ళు, సది ఎచ్చున, చెచుపుగట్టు ప్రాంతం, ఎత్తున కొండల నడుమ, ఆదుబుయలులో 'మాగ'ను అభ్యసింపదుప దాచ్చు ఔన్సాన్నిభ్యాన్ని కాంక్షించే కావస్తుతముల తపోభూమిక థ్రైనవి. రాగా ఈ ప్రాపత్తాలని: రాకచేయానా క్రైనా గ్రామిణ ప్రజలరు అందుబాటులో ఉస్సుపుట్టి, రాప్టీటు జపగిల్గా భాసియె ఏ... సగరవాసులకు మాత్రం ఇలాంటి ప్రాంతాలను ఆశించటం చూశే రాచు అనుభవచు రూచా. అందుకే ఇంటి భాబుల పైన, ఇంటి పెరట్టుగాని తెల్లవారుభూమున 4 సుపాంటి 6 గెబటల మధ్య 'మాగ' అభరింపటం సముచితం.

ప్రీ, పురుషు వయో పేధం తేకుండా ఎవరైనా 'మాగ' అభ్యసింపది అభరింపవచ్చు. అయితే మహిళలు మాత్రం 'ముతు సమయప'లో 'మాగ' ను అభరింపక పోతే మంచిది. అలాగే నెలలు నిండిన గర్జిథి ప్రీలు సైకం 'మాగ' ను అభరింపకూడదు. సాధారణంగా ఈ సమయంలో అనవసరపు విచారులు, భయాండోసలపే ప్రీ మనస్సు కల్పిలపాగచరమపుతుపడి. కిందికి శారీరక రుగ్గుతలు సైకం వేదిస్తుంటాయి గనుక ఈ సమయాల్లో 'మాగ'భ్యాసు నిమిషమని గుర్తించటం తేప్పం.

'మాగ'భ్యానం వివిధ రీతుల ఆనవాల సమ్మేళనమని గుర్తించాలి. వివిధ రకాలు 'మాగ' సనాలు ప్రత్యేకమైన ప్రయోజనాన్ని సాధించేందుకు ఉద్దేశించబడ్డాయి. కముక 'మాగ'భ్యానం ప్రారంభించేముందు ద్రవ, ఘనవద్దాలను ఆపరంగా స్టైకరింపకూడదు. నిద్రలేపి, అచ్చినిద్ర, మారకద్వాల వినియోగం వంతేవి 'మాగ'భ్యాసానికి ప్రతిబంధకాలు. కిందీల మార్పిడి, ప్రాందయ సంబంధమైన రోగించులు 'మాగ'భ్యానం జోలికి పొరుపచేసే మంచిది.

ఈ కనీస నియమాలను పాటిస్తూ బోగాగాభ్యాసుప చేస్తే రోగాల బారిసుంది తప్పించుకోవటమే గాక సుఖప్రదమైన దీర్ఘయమ్ము మీ స్వంతం అప్పుటిప భాయం.

పర్మేషనా సుఖివోభ్యాసు

- బయులుతీ కే.

అవేర్కు అంకురార్సిణి...

మాధవ్ మాటల్

అవేర్ షైర్పున ఫ్లామింగ్ లోస్ట్ రూథ్ వెన్ 1944 నవంబర్ 10న కెరళోని పుదుకోడులో ఓ ఉన్నత కుటుంబంలో జన్మించారు. మాధవ్ తండ్రి ల్రిటీష్ ఆర్టీలో ఉన్నతాధికారిగా పనిచేసారు. సాగర్ యూనివర్సిటీలో అంత్రోపాలజీలో పి.ఇ.జి. చేసిన మాధవ్ 1964లో సివిల్ సర్కిసెనకు ఎంపికయ్యారు. 1965 అస్ట్రాం కెడరీల అసిస్టెంట్ కమీషనర్స్ గా ఉద్యోగ బాధ్యతలను చేపట్టారు.

అయితే చిన్నపుటినుంచి సేవాభావం అలవర్పుకున్న మాధవ్ నీ ప్రఫుల్ఫోద్యోగ్రథ ద్వారా ప్రజలకు చేరువ కాలేనని గ్రహించి ఉన్న పశంగా ఉద్యోగాన్ని ఎదిచిపెట్టి రిపిక్చేమ, గంగోత్రి తదితర ప్రాంతాలకు వెళ్లి సన్యాసి జీవితాన్ని స్వీకరించారు. అయితే మూడు సంవత్సరాల అనంతరం వశిష్ట గుహలో ఉన్న మాధవ్ నీకు నచ్చజెపిగా ఆయన కుటుంబంభ్యులు వెనక్కుతీసుకువచ్చారు. అంధ్రప్రదేశ్ వచ్చారు.

గిరిజనుల జీవన విధానాన్ని పరిశీలించేందుకు మహాబోసగర్ జిల్లా అప్రాభాద్ వెళ్నిన మాధవ్ ఆక్రూడి గిరిజనులకు ప్రఫుత్యసాయం అందకుండా దళారులు ఏ విధంగా రాజేస్తున్నది స్వయంగా గమనించాక తానే ఒక సేవాసంస్థను స్థాపించి గిరిజనుల్లో చైతన్యం తీసుకురావాలన్న పట్టుదల ఏర్పడినట్లు మాధవ్ నీ తెలిపారు.

జందులో భాగంగానే 1975 నవమిల్కర్ 5న మహాబూబ్ సగర్ జల్లా అమనగల్లు మండలంలోని రాంనూతల గిరిజన తలచాలో అవేరీ పేరుతో స్విచ్చుపదోన్వా సంస్థను ఏర్పాటు చేశారు. ఆనాడు చిన్న కుగ్రామలో ప్రార్థనామంచస్త అవేరీ నేడు చందలాది గ్రామాలకు అన్ని విధాలా నీడనిస్తుందని మాధవ్ గత్యాగా చెప్పారు. 1976లో ఆస్ట్రోలియాకు చెందిన కమ్యూనిటీ ఎయిడ్ ఐల్స్ (సిఎఎ అఫీసెల దాక్షర్ వెబ్) అనే సంస్థ ద్వారా 13వేల 500 రూపాయల మొట్టమొదటి పిచ్చే సాయాన్ని అందుకున్నట్లు మాధవ్ నే తెలిపారు.

మంచిని పెంచెందుకు ముందుకు చచ్చిన జీసర్ చే కొరడా చెబ్బలు, శిలవ శిక్క తప్పలేదు. అదే విధంగా తెలివాళ్లలో గిరిజనుల సుపచ ఏన్న కష్టానిమ్మారాలను ఎదుర్కొవలసి వచ్చిందని మాధవ్ నే తెలిపారు. ఆనాడు పీచ్చురిపచిన గిరిజనులే నేడు అవేర్ తమ జీవితాల్లో వెలుగును నిప్పే కౌపంత ఈండగా భావిస్తున్నారని ఆయన అన్నారు.

తమ అవేర్ సంస్థ ఏ గ్రామాన్నెనా పది సంవత్సరాల పాటు దత్తత తీసుకొని అన్ని విధాలుగా ఆ గ్రామం స్వీయుం సమ్మిధ్వని పాఠించెందుకు తెడ్డుడుటుందని చెప్పారు. తాను సచ్చిదీలకు వ్యతిరేకినని, సచ్చిదీలు మనిషిని సోమరితసం సైపు మళ్ళిస్తాయని ఆయనతున్నారు. ఎవరో వస్తూరని ఏదో చేస్తూరని కాకుండా నీకు చేతనైనంతలో చిన్న దీపం వెలిగించి పరిసరాలకు కాంతిని ప్రసాదించాలన్న తపనతే అలుపెరుగని యోధుడిలా ఆశ్చర్యలకు సేవలుందిస్తున్నారు మాధవ్.

సామాజికసేవల వివేకభారతి

సాటి మనిషి ప్రాణాలు కాపాడేందుకు చేబట్టి ప్రతి చర్య మహోన్నతమైన ఏ యజ్ఞానికి తీసిపోదని సనాతన పైందవేతిహసాలు ఉద్ధోషమైనాయి. ఈ ప్రభోధనలను స్వార్థిగాతీసుకొని 1992వ సంవత్సరం స్వాతంత్య పర్యాదినం ఆగస్టు 15న ప్రారంభమైన స్వచ్ఛందసేవ సంస్థ 'వివేకభారతి'.

నిజానికి స్వచ్ఛంద సేవ సంస్థలు నేడందిస్తున్న సేవలు నిరుపమానమైనవి. ఎవిధ సామాజిక సేవ సంస్థలు పలు కీలకమైన సేవలందిస్తున్నాయి. ఎవిధ ప్రాణంతకమైన వ్యాధులను గూర్చి సమగ్రమైన ఏవరాలను, అవగాహనను వ్యాధినివారణ చర్యలను ప్రజలకు వివరించటం వంటి కార్యక్రమాలను చేబట్టి సమర్థవంతంగా నిర్యపొంచి ప్రశంసలను అందుకుంటున్నాయి.

వైద్య శిఖిరాలను నిర్యపొంచటం, పరిసరాల పారిశుధ్యం, వాతావరణ సమతుల్యాన్ని పాటించటం వంటి కార్యక్రమాలు కొన్ని సంస్థలు చేబడుతున్నవి.

ఈ సంస్థల కార్యక్రెలికి భిన్నంగా తనదైన ఏధివిధానాలతో సేవ పరమాపథిగా దూసుకుపోతున్న స్వచ్ఛంద సేవ సంస్థ 'వివేకభారతి'. మనిషికి అత్యంతకీలకమైన సమయంలో ప్రాణాలుపోసి, సాటి మనిషి ప్రాణాలు కాపాడగల మహాత్మర శక్తి ఒక్క రక్తానికి మాత్రమే ఉంది. సరైన సమయంలో సరైన గ్రూపురక్తం అందకపోతే రోగి ప్రాణాలు అనంత వాయువుల్లో కలిసిపోవటం అత్యంత సహజమైన పరిణామం. ఈ పరిణామాన్ని దాని తీవ్రతను గుర్తించి, సానుకూలంగా సృందించి, తదనుగుణంగా సంతృప్తాల తరబడి ఆకుంరిత దీక్ష, నిస్యార్థ పరాయణతతో వ్యవహరించటం 'వివేకభారతి' ప్రత్యేకతలు.

రోడ్చు ప్రమాదాలు, అగ్నిప్రమాదాలు, ఘవనాలు రూలిపోవటం, కరెంటు షాకు, గర్జుటీస్టీలకు ప్రసవం, గర్జుటావం, కిడ్నీ మార్పిడి (Kidney Transplantation), పలు రకాల శత్రు చికిత్సలు ముఖ్యంగా హృదయ సంబంధమైన శత్రుచికిత్సలు - ఇలా అసపథ్యాకమైన పలు అంశాలలో రోగి ప్రాణాలు కాపాడటంలో కీలకపొత్తును నిర్వహించేది రక్తం మాత్రమేనవటం అతిశయోక్తికాదు.

కనుకనే లక్షలాది రూపాయల వ్యాపారం రోగానవ రక్తంమైననే కేంద్రీక్తమై ఉండటం అత్యంత నహాజమైన వరిణామంగా అభివర్ధించవచ్చు. సాధారణంగా ప్రభుత్వ అనుపత్రులలో 'రక్తనిధి' (Blood Bank) ఉంటుంది. అయితే ఇక్కడ చేరే రోగుల సపథ్యాలు, వారికి అవసరమైన రక్తపు యూనిట్ల సపథ్యాలు, స్వేచ్ఛుపదంగా రక్తదానం చేసే దాతల ద్వారా స్వీకరించిన రక్తపు యూనిట్లలు మధ్య పొత్తు తుదరటం లేదు. దీంతే ప్రభుత్వ అనుపత్రుల రక్త నిఘులలో ఓప్రమైన కారణ ఎష్టదూ ఉంటూనే ఉంది. ఈ నేపథ్యాన్ని కొన్ని ప్రయుచ్చేటు ఇంద్ర బ్యాపకులు వేలాది రూపాయలను రోగివరివారం దగ్గర గుబంధానికి చూపే ఆనక్కితే వందేవంతు రూడా రోగికి అపదించే రక్తంలో ప్రాణాపతకమైన రేగ కారక క్రిములున్నాయి అని చరీక్షించడంలో ఆనక్కి చూపడం లేదు. ఇది చాలా విచారకరపరిణామం.

ఈ పరిస్థితిలో ప్రభుత్వ అనుపత్రులలో రక్తపు కారణ నివారణకు తనవంతు సాయాన్ని అపదించేందురు నడుం కట్టింది 'షివీకభారతి'. అసంఖ్యాకంగా స్వేచ్ఛంద రక్తదాన శిఖిరాలను పలు వ్యయప్రయుసలక్రియల్లా నిర్వహించింది. ఈ శిఖిరాల ద్వారా సేకరించిన వేలాది యూనిట్ల రక్తాన్నికేవలం ప్రభుత్వ అనుపత్రులకు మాత్రమే ఉచితంగా అందచేసింది.

ప్రభుత్వ పరంగా 'వివేకభారతి' నేటి వరకు సైపా ప్రతి ఫలాన్ని ఆశించలేదు. కేవలం కౌపదరు ఏతులు, సమాజ పీతాన్ని కాంక్షించే

విభిన్న వర్గాల వ్యక్తుల సహకారంతో 'వివేకభారతి' తన లక్ష్మీన్ని చేధిస్తూ సాగిపోతున్నది. కేవలం కాగితాల పైననే సేవాకార్యక్రమాల చిట్టా ఏపుతూ, కాకిలెక్కలు చెబుతూ లక్షల రూపాయల ప్రభుత్వ ధనాన్ని కైంకర్యం చేస్తున్న కొన్ని స్వచ్ఛంద సేవా సంస్లప పనితీరును దినపత్రికలు ఎండగడుతుండటం మనకందరికి తెలిసిన ఏమయమే.

అలాంటి సమయంలో ప్రభుత్వ సహయాన్ని అర్థించక, ఆశించక తను నమ్మిన సిద్ధాంతంతో తన నిర్దేశిత లక్ష్మిసాధనకై నిర్మిరామంగా శ్రమించి సాధించటం 'వివేకభారతి' కే చెల్లింది.

ఈ సంస్కరణ వ్యవస్థాపక అధ్యక్షుడు కె. సుందరమూర్తి మాట్లాడుతూ రక్తదానంపై సమాజంలో పలు అపోహలు నెలకొని ఉన్నాయని చెబుతూ వివారం వెలిబుచ్చారు. ఈ అవగాహనా రాపిత్యాన్ని తోలగించే దిశగా తమ సంస్కరణ పలు 'అవేరెనెన్ క్యాంపులు' నిర్యపోంచిందని అన్నారు. పలు పారశాలలు, కాలేజీల విద్యార్థులనుండి రక్తాన్ని స్వచ్ఛంద రక్తదాన శిబిరాల ద్వారా సేకరించేందుకు కొన్ని యూజమాన్యాలు అనుమతి నివ్వటం లేదని వాపోయారు. విద్యార్థుల నుండి ఉచితంగా రక్తాన్ని సేకరించి అముకునే కొన్ని 'సేవా' సంస్లపకు అనుమతి నివ్వటం ఎంతవరకు సమంజసమని ఆయన సూటిగా ప్రశ్నించారు. కనీసం ప్రభుత్వపరమైన పలు శాఖలైనా ముందుకు వచ్చి ప్రభుత్వ ఆసుపత్రులకు తమ సంస్కర్యారా రక్తాన్ని అందిస్తే రక్తపుకొరత సమయే ఉండదని అన్నారు. రక్తదానంపై సందేహాలకు లేదా రక్తదానం చేయడలచిన దాతలు సంప్రదించవలసిన చిరునామా :

కె.ఎస్.ముర్తి

వ్యవస్థాపక అధ్యక్షులు

వివేక భారతి

జ.నె.ఎ. 1-8-75, ఆర.క.ఎగర్,

అల్యూన్, సికింద్రాబాద్.

ఫోన్ : 6320207, 6320208

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శుభవార్త !

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ఫోన్ : 6638871,

మోబిల్ నెం : 6638872

ఉభ్యస్థం, ఎలర్లీ వాస్తువులకు

ప్రత్యేక లక్షణాలు

ధీర్ఘమాలంగా వధ్యవీడున్నార్న ఉష్ణసం (అస్త్ర) మరియు దుష్టు, ధూశ (ద్వ్యామిల్ ఎలర్లీ) ఎ.సి. బిన్సార్ల, మంచు, చరిగారి శబ్ద కలుగుదగ్గ, ఆయుసం జలుటు, తుష్ణులు, ఎంచులు, కషం (గళ్ళ) ఇసోఫ్సిలియా, అపర సంబంధ మైలు (పుడీ ఎలర్లీ) మొదలైన స్టోర్చిస్ (స్టోర్చి కిత్తులు) సంబంధమైన ఎలర్లీ వాయధులతో ధీర్ఘమాలం బాధపడుతూ ఎన్నో మందులు వాడి నిరాశ చెందిపూరుశు మూ ఆయుర్వేద చాకిత్తు ద్వారా మంచి ఫరితాలను పొందండి. ప్రతినెల ఈ శ్రీంది విషాగములలో నిర్వహించు మూ ఆయుంపులందు వాయధుల్పులు ఉదయం ఇముండి సాయంత్రం కిషరకు సంప్రదించవలికు.

ప్రతినెల తపోలి

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ఆపాట్స్ సింకార్.

పుల్లార్చై స్టోర్చు ప్రతిక్షు.

ఫోన్: 3203870

మార్కెట్ వాయధు ఉత్సవ ఆయుర్వేద చాకిత్తు దా. యం.మ.చి. సామ్యారాయణ, శ్రీ సాయి

ఆయుర్వేద నిలయం

దోరెసె. 24-1-57.

సాంబమూర్తి రోడ్స్, బాహాబెట్ల,

మిశన్ యార్డ-3.

ఫోన్: 432709

అత్యాదునిక సాంకేతికతగల

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పూర్తి హంగులుకల సౌకర్యాలు

- ఎప్స్ సి-ఆర్ట్స్ పూర్తి హంగులు కల థియెటర్, ఎండ్ & లాబరేస్ట్స్ పిక్ యూరాలాటి కెరకు కర్ల-స్లైట్ ఎక్స్ప్రెసమెంట్
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ఆమెరికన్ దంతైవైద్యరాలు

ఆధునిక దంతవైద్యంలో అతిపెద్ద స్థాయిలో దేశంలో తెలిసారిగా కార్బోరేట్ స్థాయి దంతవైద్య సేవలు అందిస్తున్న ఆమెరికన్ దంతవైద్యాల వారు అత్యాధునిక దంతవైద్య పరికరాలతో, అత్యాన్నశ ప్రమాణాలతో సామాన్య మానవునికి ఔతం మెరుగైన దంతవైద్య సేవలు అందించడం ఒక ప్రత్యేకత.

ఆమెరికన్ డెంటల్ హసిటుల్ ఇంప్లాంట్ దంతాల అమరిక మరియు అపరేషన్ ఫిమేటర్ సొకర్యాలను పురస్కరించుకుని అంధ్రప్రదేశ్ లోనే తెలిసారిగా అతితక్కువ వ్యయంతో... 50% డిస్క్యూట్ తో అపరేషన్ ఔతం నిర్యాహిస్తున్నామని హసిటల్ చీఫ్ డా. ఆర్. రఘింద్రారెడ్డి తెలియజేశారు. ఎత్తు వంకర పట్టు ఉన్నవారికి సర్జరాలు, పట్టు లేని వారందరికి వయస్సుతో నియత్తం లేకుండా కట్టడు పట్టు కడుతున్నారు.

ఎత్తు, వంకరపట్టు సమస్యలతో బాధపడుతున్నవారికి శథవార్త : ఎత్తుచుట్టు శాపమనేది నిన్నటి మాట. నేడు అలా భావించనవసరంలేదు. ఎత్తు వంకర పట్టు వ్యాపారికసం

పట్టులేని వారందరికి కట్టడుపట్టు : కట్టడు పట్టు నిర్మించడానికి వయోపరిమిత లేకుండా అన్ని వయస్సుల వారికి ఈ సొకర్యాం కల్పించడం ఆమెరికన్ దంతవైద్యాల ప్రత్యేకత. కట్టడుపట్టు నిర్మించడం వలన చేచంట్ అందవికారం కాకుండా మానసిక ఉల్లాసాన్ని పొందవచ్చు. బోసినవ్యాలకు బదులు ఆహాదకరమైన నవ్యము పొందవచ్చుము. పట్టు కదులుతున్న వారికి, పట్టు కట్టించుకొని అనంత్ప్రీతే ఉన్న వారికి, చాలాకాలంగా తీసిపెట్టుకొనే వట్ట సెట్టు వాడుతున్న వారికి, ఫిక్స్ డ్ పట్టులేని వాళ్ల, మరియు

కావాలనుకొన్నవారికి ఒకేటైపు నములుతున్నవారికి, లేపెస్ట్ ఇంప్లాంట్ ఫిక్స్డ్ టీక చెయించుకొనే వారికి ఈ శాకర్యాలను కలుగుచేస్తున్నారు. రణ్ణ తీయటం వలన కట్టకు మరియు ఏగిలిన పట్టకు సమస్యలు ఏవి ఉండవని అమెరికన్ దంతదైశాల బ్యందం పేషంట్లలో ఉన్న అపోహలను తెలిగిస్తున్నారు. రంగు మారిన, లేదా రంధ్రాలు పడిన, ఏరిగిన పట్టకు, లేపెస్ట్ పెక్కాలజీతో సహజ దంతాలుగా మార్పవచ్చు. పస్క్రీమ్స్, స్ట్రోచ్స్, చల్లలేనిరు, చల్లలీగాలి తగిలినప్పుడు రణ్ణ జీవుని లగినట్లయితే అటువంటి వారికి కాస్ట్యూలిక్స్ ఫిలింగ్స్ డ్యూరా సరిచేయవచ్చు.

క్లిప్ ట్రీట్‌మెంట్ : 10 సం॥లు నుండి 45 సం॥లోపు వయస్సు వారికి ఎత్తు, వంకర పట్టకు వాడే క్లిప్పులు తీసి పెట్టుకున్నప్పుడు అనంత్యప్రిగా ఉన్నచో అత్యాధునిక ఫిక్స్డ్ క్లిప్ ట్రీట్‌మెంట్ లభించును.

దీర్ఘకాలికంగా చిగుళ్ళావాపుతో బాధపడుతునన వారికి అత్యాధుని ట్రీట్‌మెంట్ : చిగుళ్ళు, వాపులు, చిగుళ్ళనుండి రక్తం కారుట, నోటినుండి వచ్చే దుర్యాసన, పట్టమధ్య ఖాళీలు ఉన్నవారికి, ఖాళీలతో బాధపడుతున్న వారికి, అపోర వదార్థాలు పట్టమధ్య ఇరుక్కొనే సమస్యలు ఉన్నవారికి.

సిని, టీవి తారలు, మోడల్స్, చిజినెన్స్ మ్యాగ్నెట్స్, మరియు విపోలర్ మ్యాగ్నెట్స్ ఎభాగం: అన్నిరకముల దంత రోగాలకు, అంతర్జాతీయ స్టోయిలో ప్రశ్నేక ఎభాగం ప్రారంభించబడింది. ప్రైవెసీతో కూడి చక్కటి అప్పోడకరమైన ఎభాగమునందు సమాజంలో నుర్తింపుపొందిన వ్యక్తులకు, సిని, టీవితారలకు మోడల్స్ కు, చిఱనెన్ మాగ్నెట్స్ కు, మరియు విపోలర్ మ్యాగ్నెట్స్ ప్రారంభించబడిన వ్యక్తులకు, అధ్యాన్యేడ్ పెక్కాలజీతో కూడిన దంతదైశాల సేవలు లభ్యమోతాయి.

అపాయింట్‌మెంట్ పాండగోరు వారు 040-3738888, 3735040 ఫోన్ నెంబర్లనందు సంప్రదించగలరు.

అమెరికన్ దంతైషైధ్యశాల

చర్చాన్ ప్రక్కన, అమీరోప్పు, హైదరాబాదు-73.

ఫోన్ : (040) 3735040, 3738888

రక్తదానం చేయండి !

ప్రాణాలు కాపాడండి !

సాటి మనిషి ప్రాణాలు కాపాడటం కంటే ఉత్స్వమైన కార్యం మరోకటి లేదని సనాతన శైందవేతిహసాలు, వేదోపనిషత్తులు ఉద్గోపిస్తున్నాయి. అలాంటి మహాత్మ ర అవకాశాన్ని స్వచ్ఛంద రక్తదానాన్ని చేయటం ద్వారా ప్రతి ఒక్కరూ పొందవచ్చు.

ప్రసవ సమయం, అబార్దన్న, అగ్నిప్రమాదాలు, రోడ్జు ప్రమాదాలు, కిణ్ణి మార్పిడి, పలువిధాలైన శస్త్ర చికిత్సలు ఇంకా ఆసంఖ్యాకమైన కారణాల వలన జంట నగరాలలోని ప్రభుత్వాలు, ప్రభుత్వేతర ఆసుపత్రులలో వేలాడి యూనిట్లు అమూల్యమైన మానవ రక్తం అవసరం అవుతున్నది. ఈ అవసరాన్ని ఆధిగమించే స్థాయిలో రక్తం అందుబాటులో లేక పోవటం విచారకర పరిమాణం.

ఈ నేపథ్యంలో అమూల్యమైన సాటి మనిషి ప్రాణాలు కాపాడేందుకు ఉద్యమించాల్సిన తరుణం ఆసన్నమైంది. స్వచ్ఛందంగా రక్తదానం చేయటం వలన చురుకుదనం, ఉత్సాహం, ఆరోగ్యం, సాటి మనిషి ప్రాణాలు కాపాడిన మానసిక ఆనందం మీ స్వంతం అవుతాయి. 25,000 రూపాయల ప్రమాద బీమా పథకాన్ని స్వచ్ఛంద రక్తదాతలకు ప్రవేశ పెట్టి తన ప్రజా సంజ్ఞేవు దృష్టిని చాటుకుండి ఆంధ్రప్రదేశ్ రాత్రు ప్రభుత్వం.

రంది! స్వచ్ఛదంగా రక్తదానం చేయండి. విలువైన ప్రాణాల్ని కాపాడండి.

అభినందనలతో
కె.యస్. మూర్తి

వ్యవస్తావక అధ్యక్షులు
ప్రవేకభూరపు
స్వచ్ఛంద సేవా సంప్రా.